

HOW TO DECLUTTER YOUR HOME IN ONE DAY

Frankie Taylor



Start with clearing out your horizontal spaces

Let's face it, the thought of decluttering your entire home in just one day might sound pretty daunting. You might even feel tempted to ignore the clutter for another weekend. But here's some comforting news: decluttering doesn't have to be a dreaded ordeal. With the right plan and mindset, you can reclaim your space, and your peace of mind, in less than 24 hours. Ready to transform your home and perhaps even your way of living? Read on!

1. Set clear, achievable goals

Before you dive into the piles and start tossing things out, take a moment to set some clear goals. What exactly do you want to achieve by the end of the day? Maybe it's to clear out your living room so that it actually feels more "living" than "storage." Or perhaps you want to reclaim your bedroom so it becomes a serene retreat from the world again.

Break these goals down into manageable areas. Think about what you can realistically accomplish in one day. Remember, the aim here isn't to overhaul your home completely but to make significant progress in decluttering. Make sure you can minimise interruptions and allow yourself a couple of breaks.

2. Work room by room

The best way to tackle a home declutter project is one room at a time. It prevents the process from becoming overwhelming and helps you see progress quickly, which can be a big motivational boost!

Start with the rooms that you use the most, as decluttering these will have the most immediate impact on your daily life. Allocate a set amount of time for each room—say, one to two hours depending on the size and the clutter level. Set the timer on your phone and go!

"Remember, decluttering is not just about making space in your home; it's also about making space in your life for new experiences and joys."

Use three bins or areas as you sort: one for items to keep, one for items to donate or sell, and one for rubbish. Be decisive. If you haven't used something in over a year, or it doesn't bring you joy or utility, consider letting it go. This can be tough, but it's also incredibly freeing!

3. Be ruthless with clutter

Being gentle with yourself doesn't mean you should be gentle with your clutter. It's time to be ruthless. Old magazines, broken electronics, clothes that haven't fit in years—these are items that you can probably live without. If you're wavering over something, ask yourself if it serves a purpose in your life right now. Not last year. Not "one day." Today.

Remember, decluttering is not just about making space in your home; it's also about making space in your life for new experiences and joys. Each item you choose to keep should support your daily life and personal values.

4. End with a clean sweep

After sorting and deciding what stays and what goes, give your home a nice, thorough cleaning. Sweep, mop, wipe down surfaces, and enjoy the transformation. Not only does this step help in resetting your space, but it also instills a sense of completion and newness, making it easier to maintain the tidiness.

Finally, take the bags and boxes of donations and rubbish out as soon as possible. The longer unwanted items sit around, the more tempting it is to pull things back out. If you've decided to sell items, set them aside in a specific area and make plans to photograph and list them online soon.

And there you have it! Decluttering your home in one day might sound ambitious, but it's entirely doable with a solid plan and a dash of determination. Remember to celebrate your hard work once you're done—perhaps with a relaxing evening in your newly reclaimed space.

Happy decluttering!