

THERE'S MORE WHERE THAT CAME FROM

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Notice how many things you don't need but accumulate.

Who has more than one drink bottle per person in the house? We reached peak bottles last year with gym promos, work promos, branded bottles... Now we have only one drink bottle per person.

Let's talk about decluttering, the never-ending quest to find more space for... well, more stuff! We all know the feeling: holding onto that old yoga mat we haven't unrolled since the day we bought it. "I might need it someday," we tell ourselves, while it collects dust behind the couch.

Here's the good news: most of the things we hang on to "just in case" can be replaced if needed. Yes, even that waffle maker you used during the pandemic but have not taken out of the cupboard since. Let's be real, the chances of you waking up tomorrow with an insatiable craving for waffles are pretty slim. And if you do, guess what? You can buy waffles, borrow a waffle maker or if you are certain you'll be waffling regularly, go grab a new one!

Instead of hoarding items, let's focus on what really matters: memories, relationships, and that one comfy chair where we binge-watch our favourite shows. These are the irreplaceable treasures of our lives. Everything else? Let it go.

Decluttering frees you from the unnecessary baggage. So, next time you're tempted to keep that fondue set (that you got as a wedding gift and have never used), remember: if the fondue emergency ever arises, you can ask around to borrow a set, be creative with what you already have at home, or a couple of clicks and you have a new one.

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We tend to forget how quickly we can replace things IF and when we need them. The convenience of modern shopping – online and off – means we don't need to store things "just in case." Let's face it, most of us aren't planning on spontaneously becoming fondue enthusiasts or backyard cricket champions. And if we do, we can always find the gear without too much hassle.

Now, I'm not saying we should live a completely minimalist lifestyle and toss everything out. Some items do hold sentimental value, like Grandma's knitting needles or that vintage vinyl collection. These are the things that spark joy and are worth keeping. But the fifth set of measuring cups or that stack of old magazines? Probably not.

Decluttering can be a liberating experience. It's about reclaiming our space and our sanity. Imagine opening a drawer and finding exactly what you're looking for within a few seconds. Bliss, right?

Next time you find yourself debating whether to keep that barely used juicer or the "emergency" sewing kit, ask yourself these three questions:

- Can I borrow one from a relative or friend if needed?
- Can I live without it?
- Am I spending too much time thinking about it?

If the answer is yes, gently place it in the donate pile, and find peace in the fact that there are countless juices out there that are as good as homemade, or that one friend who sews all the time can probably fix your outfit better than you in a couple of minutes. Breathe. Relax.

Let's cherish what really counts – the laughter with friends, the cosy nights in, the adventures yet to come – and laugh off the rest.

Remember, life's too short to be rummaging through clutter. And if you ever do need that waffle maker, you know there's more where it came from!