

Cut the CLUTTER

Clutter can clog up even the best intentions to keep your home tidy. Add in a sentimental streak and getting started is a whole lot harder. Try out these four easy approaches to conquering this daunting task.

It's a Numbers Game

It's hard to know where to begin sorting your things when you feel like you're drowning in them. As a starting point, consider the '90-Day Rule'. Focus on one item and ask yourself if you've used it in the last 90 days and if you're likely to use it in the next 90 days. If the answer is 'no' to both, then you know what to do: send it packing.

Of course, it's easier said than done. But just give it a try, say Emmy-nominated podcasters, *The Minimalists*, Joshua Fields Millburn and Ryan Nicodemus, who point out that following this 90-day rule will provide the sense of direction you're looking for.

If a time frame tactic doesn't appeal to you, why not implement *The Minimalists*' '12-12-12 Challenge'. Find 12 items to throw out, 12 to donate, and 12 to be returned to their proper home. Do this a couple of times and you'll make a real dent in the disorder.

Break it Down

It's taken you years to collect your clutter, so don't even think about trying to get your stuff sorted in a day! Create a (realistic) timeline of which rooms you'll tackle when, and how you'll deal with the things you won't keep. Have a look at your schedule and set attainable goals, keeping in mind the space and time you have. Whether it takes a weekend, or a month of weekends, if it's planned it *will* happen.

Seventh Heaven

'There are seven things that have just got to go', according to professional organiser Kenika Williams. Wire hangers, food containers with no lids, old electronics, an oversupply of water bottles and mugs, expired makeup and cosmetics, old towels and sheets, as well as broken gadgets have no function and need to be discarded.

A lot of these metal and plastic items can be recycled, so look into where your nearest recycling centre is. Many make-up companies give you money back for empty containers, so gather them up and drop

ASKING FOR A FRIEND...

Consider calling in a friend for some help when you start to wade through your things. One of the reasons we struggle to get rid of stuff is because of our emotional attachments. A friend will be objective, giving you the push you need to purge. If you find you're really not ready to let it go, then consider placing it in a spot where you will get more use or value out of it.

them off on your next shopping run. E-waste recycling centres are dotted around the country. To find your closest depot, refer to the interactive map as follows: www.ewasa.org. If the towels and sheets are beyond saving, get in contact with textile recycler, Rewoven (www.rewoven.africa), to organise a drop off. It processes fabric headed for the landfill into new fabrics which are used in making anything from jerseys to disaster relief blankets

Boxing Day

What you have cleared out so far has probably provided some clarity. Time for one last push. Gather 4 boxes and label them as 'throw out', 'give away', 'keep' and 'relocate'. Do a circuit around your house and place items into the relevant boxes. Go with your gut and get it done.

