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KEEP IT SIMPLE GUIDELINES

1

START WITH THE SIMPLE STUFF

the easy STUFF with no emotional attachment

2

START WITH YOUR OWN STUFF

Declutter and Release your belongings before involving yourself with belongings of others.

3

TAKE BABY STEPS

Break up the space and time in digestible chunks. Ex. one shelf for 15 minutes

4

GET IT OUT

Trash, recycle, donate

5

KEEP THE ESSENTIALS

What is useful, what you actually use and what you LOVE

6

JUST IN CASE ITEMS

You probably won't need it and if you do, borrow it or improvise

7

GIVE YOURSELF PERMISSION

to either let it go or say not yet

8

BE PATIENT & GIVE GRACE

With yourself, the process and your people

9

JUST SAY NO!

To non-essential items coming into the house and activities that don't make your heart sing

10

CELEBRATE!!!

This is hard work! Celebrate the successes: the small ones as well as the big ones.