



THE QUICKSTART GUIDE TO A DECLUTTERED HOME

ABSTRACT

A clutter-free home promotes mental clarity, reduces stress, and enhances daily productivity. The Quickstart Guide to a Decluttered Home provides simple yet effective steps to help you reclaim your living space. From setting achievable decluttering goals to adopting sustainable organizing habits, this guide empowers you to create a tidy, functional, and stress-free environment.

INTRODUCTION

Living in a cluttered home can feel overwhelming, making it difficult to focus and relax. However, decluttering doesn't have to be an exhausting or time-consuming task. With the right approach, you can simplify the process and achieve a clean, organized home in no time. This guide offers practical tips to help you start decluttering efficiently, maintain a tidy space, and develop habits that prevent clutter from building up again.

I. The Art of Decluttering: A Path to Inner Peace

Introduction:

In a world where life seems to move faster every day, and our homes are filled with an abundance of items, the concept of decluttering has emerged as a powerful tool for creating a sense of balance and inner peace. Decluttering goes beyond simply tidying up; it's a transformative process that can help you regain control over your living spaces and, in turn, your life.



What Is Decluttering?

Decluttering is the intentional practice of clearing out the excess, both physically and mentally. It involves carefully assessing your belongings, letting go of what you no longer need, and organizing the things that truly matter. The aim is to simplify your surroundings and, as a result, your life.

Why Is Decluttering Important?

Reduces Stress:

Clutter and disorganization can be a significant source of stress and anxiety. The chaos in your environment can lead to mental strain and affect your overall well-being. When you declutter, you create a tranquil and stress-free atmosphere. It's like a breath of fresh air in your daily life.

Enhances Productivity:

Clutter can be a significant distraction, making it difficult to focus on tasks and be productive. A decluttered space allows you to concentrate better and work more efficiently. With fewer distractions, you can channel your energy into your tasks, fostering productivity.

Creates Physical Space:

More possessions mean less room for you to move and breathe. Decluttering provides physical space for relaxation, movement, and personal growth. You can enjoy the freedom of open spaces, creating an environment where your aspirations can flourish. It simplifies cleaning and maintaining your space, reducing the time spent on chores.

Promotes Mental Clarity:

Decluttering extends beyond physical possessions. It's also about clearing mental clutter and making space for more profound thinking. Letting go of items can help you make decisions with greater clarity. It's like decluttering your mind, allowing you to focus on what truly matters.

Improves Emotional Well-being:

Your environment greatly influences your emotional state. A clean, organized space promotes a positive and uplifting mindset, contributing to your overall emotional well-being. The emotional benefits of decluttering extend to a more joyful and contented life.

Saves Time:

Clutter-free spaces save you time. You spend less time searching for misplaced items and more time doing the things you love. By simplifying your environment, you create an efficient and time-saving lifestyle.

Decluttering isn't just about cleaning your living spaces; it's a journey toward inner peace and personal growth. By simplifying your surroundings, you're making room for a more harmonious and balanced life. The act of decluttering is an empowering and transformative process that can significantly enhance your overall well-being. Embrace it, and you'll experience the profound impact it can have on your life.



II. Here's How to Prevent Clutter in Your Home

Do you find yourself swimming in stuff? Can't find the rosemary when you're cooking or your cream blush when you're trying to get out the door in the morning? It might be time to declutter. However, the whole decluttering process takes time and energy. So preventing clutter from entering your home in the first place can be a smarter strategy. The good news: it's easier than you think. Here are six ways to prevent clutter in your home.

Toss Those Disposable Food Containers

There's nothing that clutters up your kitchen quite like disposable food containers. They're big and bulky, and finding the right lid can be frustrating. Those flimsy plastic

containers are also challenging to keep tidy. So, dispose of or recycle them within a few days of bringing home leftovers.

These containers also aren't meant to be used more than once and likely won't keep your food fresh a few months later. So, invest in quality food containers (glass is best) that you can reuse again and again.

Don't Buy (Everything) in Bulk

Buying in bulk is a great way to save money. The problem with it is that we often buy things we don't need that end up cluttering up our shelves. The key is to be selective. For example, while you will eventually use an entire case of toilet paper—that fourteen-pack of mayonnaise will take far longer to finish, even if you fancy yourself to be a fairly regular sandwich maker.

Store Your Reusable Bags in Your Car

Do you have a giant bag of reusable bags that takes up an entire shelf? It's time to take inventory. If any are dirty, have holes in them, or are worn out, they need to be recycled or thrown out. Part of the reason why we have so many of these bags in the first place is that we often forget to take them when we're on the go and end up buying more. So move those reusable bags to your car and stash them in the trunk.

Don't Take Things You Don't Need

Do you really need that conditioner sample from the hotel when you've been using the same brand for the past year? What about that bag of sweaters your mom insists you take, but you live in Arizona?



The point is that we're all guilty of taking things we don't need. These items often end up going unused and create clutter and messes in our homes. If you absolutely cannot refuse something, make plans to donate it ASAP.

Keep Donation Bins in Your Closets

Keeping even a small donation bin or bag in your closet can help you declutter as you go along. Instead of putting back that skirt that isn't quite your style or no longer fits—put it in the bin. When the bin is full, take a trip to your local thrift store. This will also help keep your closet more organized and filled with only things you like.

This is a particularly smart move for children's rooms, because kids grow out of clothing so frequently.

Do Mini Decluttering Sessions Regularly

You don't need to declutter seasonally or yearly if you do it regularly. Commit to decluttering as soon as you notice there is a mess or as you bring in new things. Did you just buy a bunch of new shelf-stable food at the grocery store? Glance at your current supply and check expiration dates.

You can also do the same in your bathroom after that trip to Sephora. Give your storage spaces such as your medicine cabinet or under-the-sink area a quick once-over. Toss those bottles of shampoo with one use left. Get rid of that crusty tube of mascara. Set a timer for five or ten minutes, put on some music or a podcast—and go.

Employ the One in, One Out Rule

It's OK to buy some new things (yes, we said it!), but your home only has a finite amount of space, so each time you buy one new thing, toss an old version of it. This goes for clothing especially. If you *need* that new dress, think of one dress in your closet that you never wear and can part with. If you can't, you might not need the dress. Other guilty parties include kitchen gadgets, food storage containers, serving pieces, and sneakers.

Deal With Your Mail Immediately

When you walk in the door, it can be so tempting to just throw your pile of bills, cards, and flyers on any old surface...and then leave it there for days. But, do your future self a favor and attend to it immediately before the pile of mail gets so big that it turns into a major project. Once you've settled in, open each piece and put it where it belongs, whether that's in a to-pay folder or the trash.

Keep Surfaces Clear

This may seem intuitive but it warrants the reminder. When our coffee tables, kitchen tables, and nightstands are loaded to the brim with stuff, our whole rooms look messier. Each night before bed (or each morning when you wake up- you do you!) go through the house and clear the surfaces, putting everything away.

If you find things that don't have a place to go, that could be a sign you don't need them *or* that you need to create a designated spot for them and possibly toss something else that's taking up space.

III. Mental Health Benefits of Decluttering

If you're looking for an easy way to reduce stress, decluttering your environment may be a good place to start. Getting rid of excess stuff can benefit your mental health by making you feel calmer, happier, and more in control. A tidier space can make for a more relaxed mind.

Benefits of Decluttering

Untidy environments often increase stress for most people. In one study, women who described their homes with positive language had a lower level of the stress hormone cortisol than women who described their homes as cluttered or unfinished.



Still, the case for decluttering isn't clear-cut. Another study found that, while orderly environments are more linked to healthy choices, disorderly environments promote creativity and fresh ideas. If you value creativity, you may want to allow yourself to be a little messy in certain areas of your life.

For most people, decluttering can promote productivity and improvements in mental and physical health. Benefits of decluttering include:

Better focus. Clutter makes it difficult to find what you need. It may also distract you. Getting rid of visual clutter can help you focus better on any task at hand.

Higher self-esteem. When you have trouble staying organized, you may feel out of control. Improving your living space can restore feelings of competency and pride.

Better relationships. Conflict with family or roommates often occurs when one person can't control clutter. Also, you may be more comfortable inviting friends into your home when it's tidy.

Lower risk of asthma and allergies. You may think your house is messy but not dirty. But it's hard to clean around piles of belongings. Decluttering can prevent pests and reduce dust, mold, and mildew, which may trigger asthma and allergies.

Improved lifestyle and well-being. It's easier to prepare healthy meals in an orderly kitchen. And most people sleep better in a neat room with a tidy bed.

Tips for Decluttering Your Spaces

You'll enjoy the mental health benefits of decluttering more if you make the process low-stress. Use these tips for decluttering:

Start small. If you pick one drawer or cabinet to organize, you'll be less likely to get discouraged. The pleasure of seeing and using a well-organized space will serve as positive feedback, prompting you to do more.

Build in structure. If you invite friends over for dinner, you'll be motivated to declutter your kitchen. If you schedule someone to take your unneeded items, you'll have a target date for completing your decluttering. Make sure you allow some extra time, as decluttering can take longer than you expect.

Don't strive for perfection. There's no need to hide items that you use a lot. Also, try not to judge your spaces against those of other people.

Difficulties With Decluttering

Getting rid of possessions can be hard for anyone, especially as we get older. Here are some things to be mindful of when it comes to clutterers and decluttering:

Characteristics of clutterers

People who have trouble with clutter often:

- Struggle with time management and stop tasks before finishing
- Have perfectionist tendencies and trouble stopping and starting projects
- Are easily sidetracked, such as those with attention deficits
- Are "people persons" who spend a lot of time doing things with and for others
- Make a habit of putting things off, also known as procrastination

Older adults and clutter



The older we get, the more unneeded items we may have. Although we tend to gain fewer possessions after age 50, many older people are also less likely to sell things or give them away. In one study of people over 70, about one-third said they had not thrown out any possessions in the past year.

Sometimes, older adults don't get rid of clutter because it requires a lot of physical effort. In such cases, family members can help. It's better to handle clutter before ill health or death makes it urgent.

Hoarding disorder

Decluttering can be especially hard for people with hoarding disorder, which affects about 2.5% of Americans. Hoarding disorder was officially recognized as a psychiatric disorder in 2013. Experts first classified it as a form of obsessive-compulsive disorder (OCD) but now recognize it as a separate condition.

Researchers have found that those with hoarding disorder have intense brain activity when they think about letting go of possessions. They can't casually discard their belongings, even unneeded ones.

Those with hoarding disorder can't organize and manage their things. Still, they collect more. Hoarding disorder is treatable, though most people who have it will continue to have some struggles. Treatments include medications, therapy, and support groups.

IV. How to Declutter Your Home: 6 Best Room-by-Room Methods

The best way to prevent decluttering from becoming overwhelming is to do it in stages and zones. Prioritize the areas that need it most with a decluttering checklist. Focus on one room or even one section within a room (e.g., kitchen cabinets), and complete that area thoroughly before moving on to the next space.

Keep reading to learn helpful methods to declutter your home room by room.

A Quick Look: What you'll need to declutter your home

Garbage bins	Kitchen and bathroom
Storage bins	Bedroom, closet, living room, and entryway
Under-sink storage	Kitchen and bathroom
Drawer dividers	Kitchen, bathroom, and entryway

Benefits of Decluttering Your Space

There are numerous benefits to making your space as free of clutter as possible.¹

- You will have less "stuff" to clean and organize and it won't feel overwhelming.
- It will reduce the stress and anxiety a messy and crowded space may cause.
- Finding items when you need them will be easier and take less time.
- A de-cluttered space enables one to focus more and stay on task.



Tips for Decluttering Your Home

Use Containers to Sort Items

Before you start to declutter your home, have containers defined for the following purposes to sort items:

- **Put away:** Items that have crept out of their designated storage spaces.
- **Fix/mend:** Items that need something before they're put away, such as a shirt with a missing button.
- **Recycle:** Items that consist of recyclable materials.
- **Trash:** Items to throw away in the household trash.
- **Donate** Unwanted items that are still in good condition can be donated to a charitable organization or another person.

Keep These Decluttering Rules in Mind

- **12/12/12 Rule:** Locate 12 items to throw away, 12 to donate, and 12 to be returned to their proper home.
- **20/20 Rule:** Get rid of items you can replace for \$20 and under 20 minutes.
- **80/20 Rule:** According to this rule, we use 20 percent of our belongings 80 percent of the time. Either get rid of or store away the 80 percent you don't use regularly.
- **Five-Second Rule:** Sort through items and give yourself five seconds to remember the last time the item you're holding was used. If you can't remember within five seconds, it's time to get rid of it.
- **Rule of Five:** This rule is the five-year rule. When decluttering and deciding on an item, assess items not used in five years and consider removing them.

Creating a Decluttering Timeline

If you don't have a lot of stuff, you may be able to declutter your house in a day, a weekend, or use a longer 30-day timeline. Keep your goals realistic and attainable to avoid feeling overwhelmed. Break down the spaces you need to declutter and estimate how long each will take, giving yourself buffer time in case something doesn't go as planned.

Start by cleaning before you declutter, so your everyday items are tidy and out of the way. Consider starting in a space with only a small amount of clutter, so you can get it done quickly and feel like you've made progress on your overall decluttering timeline to stay motivated.

Tip

Avoid pulling out all your stuff without a plan to sort it. If you do that, you'll likely waste time wading through your disorganized items.

V. How to Declutter Your Space, Room by Room

The Bathroom

- **Medicine cabinet:** Take everything out, and discard outdated medications, makeup, and skincare products. Put everything you're keeping immediately back into the cabinet, storing the items you use most often at eye level.
- **Cabinet drawers:** Remove everything, and quickly evaluate what you're keeping and tossing. Put the items you're keeping back into their drawers, with the items you use most often in the top drawers.

- **Shower, tub, and bathroom sink:** Pull everything out from these areas and declutter the items there.

Lastly, everything that did not have a home can be quickly sorted into the bins you have staged for the purpose.



The Bedroom

First, make your bed. It's hard to feel any progress decluttering a bedroom while an unmade bed stares you in the face.

- **Nightstands:** Remove anything on them that doesn't belong there, and add it to your put-away bin. This may include books you've already finished reading, pens, paper, and mail. Throw out or recycle anything you no longer use, such as empty tissue boxes, pens that have gone dry, or chargers that no longer work.
- **Tops of your dressers, chests, and bureaus:** Pay careful attention to any strewn clothing. Anything that needs folding or hanging goes into the put-away bin. If you're afraid it may wrinkle further, you can lay clothes on your bed.
- **Drawers:** Take everything out. Pull out anything no longer worn, and put it in your donation bin. Fold and store the clothing you're keeping.

- **Desk or vanity table:** Resist the urge to shove things back into drawers; instead, put them in your put-away bin. Toss garbage or recycle anything you haven't used in six months.

Return items to their proper places. Fold, hang, and store any clothing. If you're now eyeing your closet, we'll tackle that next.

Closet and Clothing

OK, deep breath. It's time to declutter your closet. The easiest way to tackle a closet is to declutter your clothing by type. It's much easier to decide whether to toss or keep a pair of jeans if you're looking at your entire jeans collection at once. So start pulling out different types of clothing, and choose what you'll toss and keep.

Once you've gone through each type of clothing, you will have four piles to deal with:

- **Organize:** Put away anything that was in the wrong spot for example, if you had a pair of socks in your closet, put them in your dresser.
- **Launder:** Put dirty laundry into the hamper, or bring it to the laundry room.
- **Repair:** Anything that needs to be repaired from holes, tears, or missing buttons should go to the tailor or dry cleaner.
- **Donate:** To eliminate clothes, take them to a donation center or consignment store.

The Entryway, Mudroom, and Foyer

You may not have a traditional mudroom or foyer, but you likely have an entryway. No matter its size, the best way to make an entryway most functional is to declutter it regularly.

- **Desk, console, or side tables:** Go through each drawer, remove the contents, and decide to toss or keep each item. Go over the tops of each desk or console as well. Do you have a space for your keys and other important items? Make sure everything is accessible and not too crowded. This makes it easier to leave the house each morning with what you need.
- **Hall closet:** Declutter it like any other closet: Start with shoes, boots, and jackets, followed by accessories.

The entry is another area that picks up a lot of clutter from other rooms. Spend time putting away things from other rooms that have made their way to the entry.

The Kitchen

Keeping your kitchen clutter-free can be challenging because different activities occur there—cooking, eating, and socializing, especially if your kitchen is on the smaller side. As a result, the kitchen has numerous types of items stored in it.

Tip

You can choose to declutter your kitchen by focusing on one category of item at a time (cutting boards, glassware, utensils, or bakeware, for example) or going through each part of the kitchen zone by zone.

- **Pantry, cabinets, and drawers:** The first step is to empty each space, assess each item, and put everything back where it belongs. Start with your powerhouse storage spaces, such as the pantry and upper cabinets. Then move onto the lower cabinets, drawers, and the space under the kitchen sink.

The Living Room

The living room is one of the hardest rooms in your home to keep neat daily. That's because it gets a lot of use, and living rooms don't usually offer many storage features. You may have some bookcases and a TV console, but they don't hide much. The key is to:



- Decide on permanent storage spaces for commonly used items, such as remote controls, magazines, and books.
- Declutter this space regularly.

Large furniture: Start with bookcases, consoles, and side tables. Then move on to your coffee table and entertainment center. Empty them, assess the items they store, and then return them to their proper storage spaces. Put books away, reduce paper clutter, or return remote controls to their proper place.

Electronics: Remove everything not connected to your television or home theater system. Are you using it? Does it work? Store items such as chargers and gaming equipment where you use them.

Toys: Assess every toy for wear and tear. Does it still function? Do your kids still play with it? Recycle or store each toy.

Grab your put-away bin, and return everything that belongs in another room to its proper storage space.

Where to Dispose of Clutter

For the items you aren't keeping when you declutter your home, you have some options for disposing of them.

- **Donate:** Giving clothes and gently used items to charities and local goodwill organizations is a great way to help others in need while removing your own clutter. If you plan to give away certain items to friends and family, start bins for each person.
- **Sell:** Besides a donation bin, you also might want to start a collection of items to sell in a garage sale or online in respected marketplaces.
- **Recycle:** Know your local recycling guidelines, because items such as electronics often can't go in regular recycling. Keep a separate bin for those items to bring them to an appropriate recycling center.
- **Trash:** If you know you're undertaking a major decluttering project, you might want to rent a dumpster in advance for unusable or extra large items that must be thrown away.

VI. Creative Storage Ideas for Small Spaces to Get Organized

Living in tight quarters shouldn't keep you from meeting your storage needs. We'll show you how to organize with creative storage ideas for small spaces. With the right strategies, it's easy to live small and still have enough storage for everything you need for a comfortable and happy home. Shelves, bins, drawers, baskets, and more—every option for additional storage is here.

Substitute Closet Space



Many homes lack sufficient closet space, which can make entryway storage, in particular, quite a challenge. To make up for the scarcity of storage ideas for small spaces around your front door, add a variety of hooks and open shelves to create a customized dropzone that works for your family. Use bins or baskets on the shelves to sort belongings by family member or type of item.

Hide Your Storage

Not all items are pretty enough to be stored in clear view. To maintain a cleaner look, utilize hidden storage ideas for small spaces that keep things out of sight but still accessible. Furniture tricks, like this flip-top upholstered storage bench, can stylishly disguise items you'd rather not display.

Add Incremental Storage

To gain more storage out of small spaces, consider simple add-ons to basic storage solutions. Take this narrow shelf addition, for example. This small, notched-back shelf offers just enough room for glass canisters that store items used frequently close at hand.

Don't Ignore Nooks

Shelves don't need to take up long expanses of horizontal space. A helpful storage idea for small spaces is short shelves for good use of minimal space. Here, a narrow stretch of wall with open shelves provides easy-access storage for dishes and cooking essentials used most often.

Clear off the Floor

Clutter can be a constant battle in small spaces, but clever storage solutions can help keep your rooms clean and calm. Try the storage idea for small spaces used here to gain valuable spots to stash essentials: Mount small cubes or rectangular shelf units on the wall for open storage. With no doors to open and close, you don't need to leave extra clearance space around the units. A wall-mounted light fixture frees the tabletop surface for books, glasses, and more.

Stagger Shelves

Uniform, boxy shelving units can overpower a small room and make it feel smaller than it is. Instead, look for ladder-style pieces with narrower shelves toward the top. This can help lighten a room's atmosphere and provide useful storage for items of various sizes.

Scale Down Shelves

Small spaces don't offer a lot of room for overly large furniture, especially tiny bathrooms. Look for smaller pieces, like this open three-shelf unit, that still provide plenty of storage potential. It has just enough space for extra towels, toiletries, and a bit of pretty display space.

Include Out-in-the-Open Storage

Closed doors and drawers aren't the only storage ideas for small spaces, which may necessitate using spots in plain view. Consider grouping same-size items—here, rolls of essential kitchen papers and wraps—in a decorative storage piece that blends with the style of the room. A mesh file keeps aluminum foil, parchment paper, and other cooking items at hand.



Pieces that can work in various ways are ideal for small-space storage. Home offices, for example, can be challenging to create out of limited square footage, but strategically placed bookshelves can serve as storage and desk space. Here, a small stool tucks under the work surface, while small bins and baskets keep necessities stylishly contained.

Research Helpful Add-ons

Cleverly designed storage ideas for small spaces can solve a variety of storage woes, and many of them work wonders in small spaces to keep clutter at bay. Look for single-storage items that can help you find homes for things used daily but can easily live out of the way. Hairdryer holders that mount inside cabinet doors and specialized clothes bins are just a few helpful examples.

VII. 10 Ways To Declutter Your Home Between Christmas And New Year

A lot of people plan to relocate their homes during the holiday season due to office and school holidays. The week between Christmas and New Year is the perfect time for decluttering a home before relocating. When sorting out household items during festive holidays, you have more time to inspect all cabinets, drawers and storage units.



So, it is good to prepare a proper plan during the festive season and get rid of unwanted items before the arrival of the best removalists Gold Coast.

Whether you are relocating home or not, it is always good to remove unwanted items and make more space for the Christmas and New Year celebrations.

Here is a complete guide to help you declutter your home during the festive season without stress. You can follow this guide and make your house look spacious and inviting.

1. Make a Proper Declutter Plan

Start the process by preparing a complete decluttering plan. Include your family in the process, as most household items belong to them. It is good to work together and save time & energy.

Besides this, prioritise the rooms with a lot of clutter and schedule a date so you can streamline everything without a hint of stress. You can also search for places where you can donate old furniture when relocating home during festivities.

2. Take one Room at a Time

The process of getting rid of unwanted items requires time and a proper strategy. To avoid mess and stress around you, take one room at a time. You can either start with your storage room or a bedroom.

Make sure you inspect closets and drawers because the stuff inside may be out of sight, but it can help you clear the clutter.

3. Sort Items into Different Categories

This is the best way to organise your clutter during the festive season. Instead of creating a pile of all your unwanted items, you can sort them into the following categories:

Keep: Make a list of items you want to keep.

Repair items: Designate one container for items you use but need repair work.

Return: Make a pile of items you borrowed from friends, relatives and neighbours.

Donate: The period between Christmas and New Year is the best time to help underprivileged people. Make a list of items you no longer need and drop off them in local charity bins. Make sure they are in good condition.

Garage Sale: Make a pile of unwanted household items you want to sell to earn extra dollars.

Recycle: You may have certain items that can be re-used after recycling. This can reduce the landfill waste as well.

Toss: This includes broken, expired and torn items.

4. Sort Gifts and Decoration

It is good to go through the Christmas gifts and keep what you love. You can donate the ones you no longer need or bring happiness. If you are moving a house, pack your decorations in a separate box.

You can hire professional furniture removalists from Gold Coast to keep your dining table, beds, pool table and other expensive household items intact throughout the process.



5. Clear Out Unwanted Winter Clothing

This is the best season to get rid of winter coats, overcoats and other warm clothing you no longer need. There might be some clothing that doesn't fit you or your family anymore. So, you can donate them to the local charity on the Gold Coast.

This will create a lot of space for new clothes in your wardrobe.

6. Remove Leftover Food From Your Fridge

After hosting or enjoying delicious festive parties and dinners, you are surely stuck with leftover food that won't get eaten anymore. Tossing them before they become the food of harmful germs and bacteria is good. This will prevent food poisoning and other harmful diseases.

You can make the most out of your holidays after Christmas and clear out your refrigerator. This will help you start the New Year with a clean, empty fridge.

7. Sort out Old Toys

There is no denying that post-Christmas is an ideal time to declutter your kid's toys. Since little ones get new toys, you can donate or discard the old ones and make more space in the closet.

Throw away anything that is broken or has a missing part. Let your kids decide what to keep and what to toss, especially when moving to a new abode.

8. Clean up Your Kitchen

Make sure you clear out your pantry cabinets, cupboards and drawers when decluttering your kitchen. It is good to donate or sell spare kitchen utensils and gadgets.

You can adopt a minimalist approach when getting rid of kitchen items you no longer need.

Read on the tips to dispose of unwanted items, including pantry items when relocating home.

9. Clear the Bathroom Mess

Do not forget to toss expired toiletries, skincare products and make-up when clearing out your bathrooms. Also, check your bath, hand and face towels and get rid of them if they have stains.

10. Get Rid of Holiday Cards

You can recycle holiday cards except the ones having an emotional significance. You can organise and store ribbons, gift bags and wrapping paper for future use.

It is good to book seasoned Removalists Gold Coast in advance if you are moving during the festive season. This will save you money while keeping your precious possessions intact.

Decluttering a house during Christmas and New Year can be challenging, but you can take advantage of holidays and get rid of unwanted items. Follow these tips and make your house look more spacious by tossing, donating or recycling the items you no longer need.



CONCLUSION

A decluttered home is not just about aesthetics—it's about improving your quality of life. By following the simple steps in this guide, you can create a more organized, peaceful, and functional space. The key is consistency; small efforts every day will ensure your home remains clutter-free in the long run. Take the first step today, and enjoy the benefits of a tidy home!

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