

# 4 Strategies to Declutter {Small Spaces}

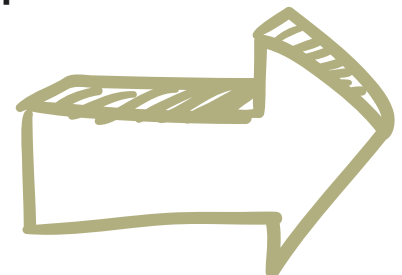
Decluttering can help you become more productive, organized, and efficient. This, in turn, can have a significant impact on your overall sense of contentment and well-being. However, decluttering can feel like a daunting and overwhelming task. This is especially true in small spaces where storage and display options are limited.

When decluttering, you'll want to identify items that are damaged, no longer used, or not worth the space they take up. It can be challenging to know where to start and what you should keep or toss. It can also be difficult to navigate the emotional attachment you may have to your belongings, even if they are old and past their prime. The memories attached to them may make it very difficult for you to let them go.

If you find this whole process challenging, start by evaluating your current habits and see how you can work with them, rather than against them. Remember to be kind and patient with yourself throughout this process, as decluttering can produce feelings of anxiety, depression, and a lack of control.



**Read On For Four Strategies You Can Use to Declutter Small Spaces:**



## Strategy #1: Rethink Your Storage System

Decluttering is not just about what you eliminate. It's also about reorganizing the things you want to keep for maximum use, value, and aesthetic appeal. Start by taking a good look at your current storage system. Clear out what isn't needed in your space by tossing, donating and recycling what you can. Organize remaining items that are similar, such as books, shoes, and clothing, together so everything has its place.

**TIP:** As you go through this process, think about how you can rearrange your furniture and larger items to open up more floor space. This will make your space appear larger and less visually cluttered.

## Strategy #2: Start with the Five-Minute Method

The five-minute declutter method is a useful strategy for organizing your home, office, or any other space. Often the hardest part of any task is getting started. Chances are you will continue decluttering after those five minutes are up because you will have momentum on your side. Plus, even if you do spend just five minutes organizing something, it will be easier to do it again in the future. Either way, you'll feel a sense of accomplishment when you are done.

*Notes:*

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### **Strategy #3: The “One-In-One-Out” Method**

This decluttering method involves removing at least one item for every new item you acquire. For example, if you buy a new article of clothing, you need to donate or throw away one item you already have. This can be another article of clothing or some other item you no longer need or use. The goal with this method is to prevent the mindless accumulation of more and more stuff as time goes by. You can really ramp up your results with this method by removing two or more items for each new item you bring home.

### **Strategy #4: Embrace Minimalism**

When it comes to decluttering small spaces, minimalism can be a great tool in your arsenal. Here, the focus is on simplifying your life and minimizing your belongings so that only the things you love and really need remain.

As you find more joy and value in what you already have, you’ll have less interest in acquiring more stuff. By making room for only the things you love, you’ll find it much easier to let go of everything else.



**Decluttering your home can be overwhelming, especially when you have limited space. However, employing these simple strategies can make the process much more manageable and enjoyable.**