

Declutter Your Life

Decluttering your life is hard. But it's worth it.

1. You have too much stuff—declutter

First, let's talk about the physical clutter. Most of us think of actual clutter in our home when we think of decluttering, and how do we deal with all of it?

The simple explanation is: Start decluttering in the kitchen and work on one drawer at a time.

Take everything out, spread it so you can see what you have, and return **ONLY** the things that help you and add value to your life. Get rid of what's left over.

Sure, there is more to it than that, but if you approach your decluttering from the standpoint of, "What do you desperately want to keep?" you will do a thorough job and be very pleased with the results.

Because the tendency is to approach decluttering with the question, "What do I want to get rid of?"

Well, we don't WANT to get rid of anything. We have things in our homes because we like them. And if we think, "What do I want to get rid of?" we feel like we're going to be missing out.

2. Create a cleaning routine

It's a combination of too much stuff—when we have more than we can handle, it's evident in our lives and no cleaning habits.

I wasn't born organized. I didn't understand how doing the dishes right away would save me time later—and I didn't care about saving time later. I acted as if I hated my future self. Let's leave all this for her to deal with.

By establishing a routine, I gained control over my home, and after a while, it felt like the house took care of itself. Because when we have a habit, we don't pay attention to what we're doing—we're just going through the motions of our habit.

We're not designating a time to clean up—it just happens.

Very much like getting a drink when we're thirsty: We don't put a lot of thought into it; we just do it because that's what needs to be done.

3. Don't forget your digital life

Part of a cluttered life is your digital existence. Create a simple life there, too. Cut apps and programs you don't use, establish a hierarchical folder system, minimize screen time, and pay attention to what digital activities drain your energy. You might try a digital declutter to get started.

4. Financial minimalism

Financial minimalism will bring extra peace of mind. What does financial minimalism even mean though?

It can mean addressing bad habits in how you handle funds, creating a simple budget, cancelling unused subscriptions, or consolidating accounts where possible.

To think about it even less, you might automate your bill payments and build an emergency fund, if you don't have one.

5. Decision making

Decision fatigue hits us harder than we might realize. Not only does it make it impossible to make decisions, but it can crash your motivation and halt progress on that task.

So we need to create routines that minimize decision making. You can reduce trivial choices (like what to wear or what to eat for breakfast) by establishing a small list of options.

For example, you might create a capsule wardrobe where all of your clothes go with each other, then set outfits once a week on hangers and put them back in the closet. That way, you can just grab one in the morning and go.

You could also standardize your breakfast choices. My partner eats oatmeal and eggs every single morning. I drink a Huel. If variety is important for you, you can make a list of 3-5 breakfasts that you usually have the ingredients for and choose from those.

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