



Happily Better After Room Redesign & Home Staging

Anyone can have the home of their dreams - sometimes it just takes a little magic!



5 Guidelines for Discarding

Getting rid of items you no longer use or need is the key to getting organized and creating easy access to the items you use every day. But how do you know when it's time to give away or discard your personal belongings? Here are five guidelines to help you clear the clutter:

- 1. If it's broken or damaged and has been that way for one month or longer, throw it away.** If you were going to make the needed repairs, you would have done it already.
- 2. If you haven't used or worn it in the past year, get rid of it.** If the items are in good condition, give them away to a friend, family member, or charity.
- 3. If you are two sizes smaller or larger than the clothes in your closet, give them away.** You can keep a few outfits that are one size up or down if you have the space for them. Most adults need a pair of "roomy" jeans every once in a while to accommodate a little extra holiday weight or a pair of coveted "skinny" jeans to celebrate successfully shedding a few pounds. But no good can come from keeping multiple sizes "just in case." Plus, if you lose more than 10 pounds, you'll want to buy new clothes anyway!
- 4. Don't hold on to other people's stuff.** If you have your grown son's sports trophies or your married daughter's high school yearbooks, give them their stuff. If it's important to them, they'll take it; if not, throw away their stuff along with your guilt.
- 5. Don't feel obligated to keep something that's not your taste just because it was a gift.** If the ornate lamp your cousin gave you as a wedding present has been taking up precious space in your garage, donate it or sell it. Somebody out there shares your aunt's taste and would love the lamp, but they'll never find it in your garage. Set it free.



Parting with your things can be difficult, but living in a cluttered environment wastes time and money, and causes stress. Paring down your possessions to what you actually use takes a load off your mind, and makes your home a more comfortable place to live.

*Feeling overwhelmed by your stuff? Ready to clear it out and start fresh? We can help you conquer the clutter. Contact Happily Better After at **609.880.9682** or info@happilybetterafter.com today!*