



**Preventing Clutter
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Preventing Clutter Success Secrets.

There is no time like the present to start de-cluttering. If you are already in the process of having a good clearout or realise that you need to make a start, than read through these secrets for a bit of inspiration.

The word **clutter** originated from the Middle English word **clotter**, which means to **coagulate**.

The Thesaurus offers alternatives to the word clutter such as **mess, disorder, confusion** and **muddle**.

None of these sound very positive or healthy, so why do we get ourselves into this situation. As Doctors say **prevention is better than a cure**, so what could be better than **preventing clutter**.

It is amazing how quickly the clutter can build up in your home, sometimes like it has appeared overnight.

- A few bad habits.
- A few weeks of ignoring paperwork.
- A few unwanted gifts.
- A few too many purchases in the sales

**And
Presto there is the clutter.**

Clutter is far easier to keep at bay once you have the situation under control. But still if you are at the beginning of your new de-clutter life, there will be a few important secrets you need to remember

Create a habit

Preventing clutter is all about creating a **de-clutter frame of mind**. It needs to become a natural part of your life, just something you do like breathing (OK not quite like breathing but definitely an ordinary part of your life with the potential for extra ordinary results)

These are a few good de-cluttering habits:

- Put away what you are finished using.
- Have a set location for your keys, wallet, handbag and mobile.
- Deal with the post daily
- Say NO
- Sort on a regular basis.

Or

- Have a daily tidy up.

It will take a bit of determination to set a new de-clutter habit firmly into your life. There are many wise people who say **'it takes only 3 times to create a bad habit but 21 days/times to create a good habit'**. The results of these good habits will transform you home and life, so stick with it.

Little and often

To ease into your new habits, remember that of the best way to stop the clutter from building up is to stay on top of it. The best way to stay on top of the clutter is to continually deal with a little bit of it everyday.

Spend 10-15 minutes a day and keep clutter at bay.

One great reason for not de-cluttering and getting organised is because we say that we don't have the time. That could be true if it was necessary to spend hours, days, or weeks sorting the problem. Of course we rarely have that amount of free time, but I bet we all have an extra 10-15 minutes a day to tidy up and de-clutter a small area of the house. Do that everyday and prevent clutter.

Do I need it?

Impulse buys are **one huge issue** when it comes to clutter. You could buy on impulse because you got caught up in the excitement of a sale (I love shopping and a good sale but I have my own mantra for just the occasion and will tell you more about it in the **stop buying** section). You had a bad day and need cheering up. Or you don't know if you have a particular item or where it is, so you rush out and buy another one. Only to find the 3 you already own in your house on your return from the shop

When out shopping think twice about anything you are going to buy. To avoid impulse buys take a moment and **ask yourself:**

- Am I only buying it because it is a bargain?
- Is it a comfort purchase?
- Am I going to use it?

And quite frankly

- **Do I need it?**

The buzz you receive from purchasing a item may be outweighed by the stress, guilt, and unhappiness the clutter in your home is giving you, so why bring in more.

Is there room?

No matter the size of the property, it has the potential to be filled, bursting from every seam and spilling out the windows with clutter.

As well as the question: **do I need it?** You need to ask yourself: **is there room?**

Recently when in town running errands I was sucked into a shop (I have mentioned my enjoyment of shopping). A couple of things caught my eye; both were candles, which I love to use on a cold, dark winter evening. When deciding whether to buy either I asked myself: **is there room?**

Well the result of the question was that I bought one and not the other. Only one would fit my candle holders and the other would have ended up in a cupboard for months, unused, unloved and collecting dust.

You need to decide if anything you want to buy is worth the space it is going to take up in your home.

Say NO

Do you seem to be the dumping ground for everyone's unwanted:

- Furniture?
- Clothes?
- Books?
- Well basically their junk?

Do well-meaning friends and relatives constantly try to pass things onto you that they no longer want and you certainly don't need?

Is tripping over all this clutter, especially as it wasn't even yours to start with having a negative effect on your life?

It is important that you have the confidence to politely say thank you for thinking of me but 'No Thank You'.

If it seems they are putting on the pressure, then you can refer them to www.purelypeppermint.com and the [going green](#) page. There you will be able to fund all sorts of great ideas and charities that would love to have and could benefit from your unwanted items.

Stop buying

The best and easiest way to [prevent clutter](#) is to not bring any into your house in the first place. Along with [saying no](#) to others you need to [say no to yourself](#) as well.

It is quite simple [if you want to prevent clutter building up than stop buying](#) items you don't really need and end up filling your house, with them. If you are an impulse buyer trying to fill a void in your life, then this is an opportunity to look at what is missing and find another way to heal that void.

As mentioned in the [do I need it](#) section I was going to tell you about my mantra. Well I love a good bargain so to avoid any bad purchase I say to myself.

Don't buy it cause it's cheap.

This seems to work for me. Is there a mantra you can create that will work for you?

Alternative gifts

I'm sure if you think about it you have **more than enough stuff**. Encourage friends and family to buy **alternative gifts**. There are many charities websites that allow you to purchase supplies (a goat, mosquito net, books for schools that go directly to those in real need. You receive a card of thanks and a very warm happy feeling.

There are many great companies that offer **alternative gifts** these are just a few.

- www.gifts4life.org
- www.oxfamunwrapped.com
- www.greatgifts.org

1 in 1 out

You have started to **say no**, are celebrating special occasions with **alternative gifts** and have **stopped impulse buying**. Still now and again you may see something you like. Nothing wrong with that, just remember the **1 in 1 out** rule when you do buy something.

For every item you buy and bring into your house you need to get rid of something you already own. It is best if it is **like for like** as in a DVD for a DVD or a piece of clothing for a piece of clothing, but any unwanted item of clutter would do.

This will not help with the excess clutter you may have at the moment; however it certainly will help to prevent any new clutter from entering your home.

Do it once

Remove the words **for now** and **just in case** from your vocabulary, they are great for building huge piles of clutter in any room. Make the decision right there and then with regards to what you are going to do with any given item and **do it**.

It is quite usual for people to say that they don't have time to sort their mess or clutter. The **for now** habit is an amazing waste of time, making any task take twice as long. When that is time you could be spending in a far more exciting way (like sorting your clutter).

Eliminate guilt

We can be quite good at piling on the guilt and letting the clutter pile up.

- There can be plenty of guilt attached to gifts.
- There can be plenty of guilt linked to furniture you have inherited.
- There can be plenty of guilt about an 'impulse buy' you never use.

Not allowing items in your home in the first place will help to prevent any struggle over getting rid of them.

If you are encouraging your friends and family to purchase **alternative gifts, than there will be no guilt over gifts.**

If you are now more comfortable with **saying no, than there will be no guilt over inherited furniture.**

If you have reduced your impulse purchases and have **stop buying, than there will be no guilt over purchase you never use.**

You can help to eliminate guilt by looking at unwanted possessions in more positive ways and let a charity benefit from them. As always remember to have a look at www.purelypeppermint.com and the **going green** page, for guilt-free ways to deal with your clutter.

Bin straight away

Similar to the **do it once** secret, make sure to throw away anything you don't need instantly and empty rubbish bins daily. This will help to reduce the desire to bring anything back into the house once you have made the correct decision to get rid of it.

When I say **throw away**, it also is to cover anything that is heading off to a worthy cause like a charity. So when you have decided what to donate to a charity make sure to take it to the shop straight away.

In Conclusion

Thank you for taking the time to read through my Purely Peppermint's Success Secrets. I hope you found them, enjoyable, entertaining, educational and enlightening.

The benefits of de-cluttering are there for everyone to experience. It has been described like, *Having a weight lifted from your shoulders.*

Like all things in life which are worthwhile you need to put the effort in at the beginning, but it will be worth it in the end.

Take the time de-clutter.

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