

Where Should I Start Decluttering?

Choose a starting point that fits the day you are having.

How does the work feel right now?

1 Every decision feels hard

Do a retrieval-only pass: rubbish, recycling, dishes, laundry, and items with known homes.

2 Interruptions are likely

Choose a visible surface you can leave safely. Use one rubbish bag and one relocate basket.

3 Standing or carrying is difficult

Work seated within arm's reach. Ask another person to handle lifting and trips between rooms.

4 You have ten steady minutes

Choose one visible area no larger than a bath towel. Define what is included before you begin.

THE TEN-MINUTE ORDER

1 min



3 min



3 min



2 min



1 min

Set the boundary

Remove rubbish

Return known homes

Make one real decision

Close the session

Save for a steadier day

Family photos, inherited items, tax papers, children's art, and grief-linked objects.

Close the loop

Take rubbish out. Put donations by the door. Empty the relocate basket. Name the next boundary.

The goal is one visible area that asks less of you than it did before.

