

How Do I Get Rid of all This Clutter?!

It's hard. And it's hard for everyone because we live in an age of wanting and buying and keeping clutter. Here are some excuses people give for hanging on to more than they should:

*I might need this someday; That was a gift; I'd feel guilty if I tossed it; I've had this since I was a child; I can't pass up a sale; This isn't clutter: it's a collection!

Does this sound familiar? If so, then it's time for a change. When you adjust the way you live your life to accommodate your things, then your life will suffer. And those in your life will suffer also.

What actually is "clutter?" One definition is that it's anything that stands between you and the vision you have for your best life. Perhaps it's too much of anything taking up too much space so that you can't move onto other things. It's also lack of discipline. If we don't put the cereal box away, or dishes in the dishwasher or the clothes in the hamper or hang up the wet towel, then we are allowing clutter to own us. It's time we changed, disciplined ourselves and begin to keep our lives in order.

Here are some tips that I hope will help:

1. Make a list of where the worst clutter is down to the least and then begin your work where you feel would help you the most. Take one item on the list at a time.
2. Label five bins and sort everything into them: one bin for keeping the item as is; another bin items you can donate or sell; next one for items that need to be fixed or repaired; and of course one is for trash. The last bin is for all the items you really don't know what to do with! Label that box, date it and then place it in the basement, garage or attic. If after one year you don't need the items, give the whole box away!
3. Designate zones in your home for everything: toys, clothes, paper and mail, hobbies, etc. This will keep your items in the correct place.

If we aren't organized we won't be able to accomplish what God has planned for us. When we aren't organized, we won't be able to do for others, serve our family, attend group activities as church or Bible studies, or do as well at our jobs or schools. This can cause unhealthy stress which can affect our health. Getting organized and reducing clutter will give the ultimate prize: more time for your life!

Lane Jordan, author of *12 Steps to Becoming a More Organized Woman*
www.LaneJordanMinistries.com