

**Ten Secrets  
That Will  
Get Rid Off  
Clutter  
Any Room Fast**

## INTRODUCTION

I would like to thank you for joining to receive this report which will help you to begin with your declutter endeavors which sometimes are tedious but really is not that difficult to do, most of the time we lack to take action on it and the result is just we accrue things more and more.

These are 10 secrets that I personally have been using to declutter my own home and it works if you take the time to do it. Who does not want to have a nice home free of clutter and don't be embarrassed to show friends how you live?



I hope you enjoy it and put into practice the tips that you will learn.

## SECRET # 1 UNCOVERING THE UNIVERSAL LAW OF CLUTTER ATTRACTION

It's a problem that many of us have today. We have too much stuff laying around our house, stuff we don't need and never use. From small items to an over accumulation of kitchen gadgets to stacks of papers, our houses appear to be magnets for clutter every day.

Clutter can become a problem if you don't do anything about it, not only for you but for the rest of the people who live with you.

If the recent spurt of talk about the "law of attraction" is true, it only make sense that it works with clutter as well. A little clutter attracts a little more clutter . . . which attracts just a little more . . . well, you definitely get the idea of the law of "clutter attraction" at work in your house! What a challenge!

And it gets worse, some believe it can even inhibit your financial and spiritual journeys. (No, I don't make this stuff up! I'm being serious.) According to **Feng Shui** specialists, if your house doesn't have a clear path to allow the movement of good qi (pronounced chee) to flow through it, you'll struggle not only spiritually, but potentially financially as well, and who would like that to happen?

Qi, by the way, is the Chinese word for "energy", good energy. The purpose of feng shui is to arrange your home to attract the good energy -- and all the rewards that go with it -- and to sweep out

all negative energy, that would be a nice thing to do, don't you think?

Clutter helps to keep the negative energy lingering around and it also stalls the movement of the good chi. So, clutter is not acceptable in a house that's been properly appraised for the ultimate benefits of feng shui. Even for people who do not practice feng shui but would like their home look nice, clean and clutter free.

This sentiment is now echoed by many organizational specialists. Some even suggest that by decluttering your house, you can actually help boost the level of productivity at work, helps you to stay focus.

I have to admit, I've tried it. And the day after I threw a clunky old storage cabinet out, I signed a contract with a new customer. Coincidence? Probably. But it certainly gave me the kick in the pants I needed to continue cleaning and organizing my home!

Are you ready to give it a try?

## SECRET # 2: STORE OBJECTS IN THE MOST EFFICIENT LOCATIONS

Which came first, the chicken or the egg? Huh? What does that have to do with clutter? Nothing really, but there is a question that closely parallels that classic inscrutable question.

Is this particular appliance out of sight and stashed away because you don't use it often? Or you don't use it very often so you stashed it out of site and it's hard to get to.

It's easier to show you what I mean than to take the time to explain it. We all do this quite naturally when it comes to the "efficiency" of our kitchens.

And I do this most when it comes to my morning coffee. My coffee pot is placed on the counter that is immediately below my coffee cups. My coffee beans are not stored too far from that, and my coffee grinder sits on the same shelf as my beans.

If I were to place my coffee grinder on the opposite side of the kitchen that set up wouldn't serve me well. Two events would likely occur. First the coffee grinder would never get back to its proper home across the kitchen. Or I'd give up grinding coffee and switch to using grounds (No, I would never give up drinking coffee!)

As you can plainly see "efficient storage" means nothing less than

placing the objects you do intend to use in the most accessible places. Did that George Foreman grill land under the sink because you never used it? Or you just didn't know where else to store it?

If you really want to give it another chance, try storing it where it will be handy for you to use, maybe close to that electrical outlet.

Another useful tip along these lines is to store similar items together. For example, if you have several flower vases, store these together. The next time you reach for a vase, you only have to visit one location to find all of them. There will be no going to the first place, only to realize that the perfect vase is hiding under the stairs in the basement.

## SECRET #3: THE DECLUTTERING MAGIC OF JUST DOING IT NOW!

Aha! Now we've hit the nail on the head. I can tell by the way you cringed when you read this. You've already figured out where I'm going with this one. A lot of the clutter accumulates in our homes simply because we refuse to deal with it "in the moment."

We can take a tip from those Zen masters who always encourage us to "live in the moment." Now, we can add to that "live in the moment to avoid that clutter." An example is following.

This rule is best illustrated by the daily mail. Every day your postal carrier drops mail off in your mail box. What exactly do you do with that mail? If you're like most of us, you look through it and set it aside. "I'll deal with it after supper," you say, as you hurry into the kitchen. Then you get distracted with other things.

However, you forget all about the junk mail and instead read a good book while you are watching television.

The next time you find that particular sales flyer for your local grocery store is three weeks after the sale has expired. If it didn't get buried under a mound of other junk mail, or it fell under the couch and you won't see it until you clean it.

Oh, yes, I do understand the nature of clutter.

Instead of putting everything aside, you could have dealt with this in a more efficient way. You could have taken the few moments to separate the bills and placed them on your desk in a small container, where you'll sit the next time you pay them.

Take the junk mail and begin to prioritize that. Mail that doesn't appeal to you at all, throw out immediately. Flyers you may want to look at later - like for your trip to the grocery store - set in another basket, preferably one close to where you sit in the evening. In this way, their presence triggers you to at least glance through them and always discard the ones you don't need.

Now at least you know where it is when you decide to check out this week's shopping list.



## SECRET #4: THE HIDDEN FEARS OF THE DECLUTTER PROCESS

Haven't tackled your closet and clothes yet? While your spouse may say you're just putting it off or being lazy, your subconscious mind may be avoiding it, yes it is difficult sometimes to get rid off things.

Clearing clothes that are currently two sizes too small may mean you have to come to grips with your current weight. It may mean that you have to admit to yourself you may never lose those 25 or 30 pounds you had dreamed you could, sorry.

Of course, you could deal with this easily enough. Toss those clothes out anyway . . . . but promise yourself when you do lose that weight, you'll buy yourself new clothes that are currently in style.

Then dive into investigating the healthiest way to maintain a weight loss program. (Why not deal with two goals at once!)

Donating books to the local library book sale . . . books you've never read but keep meaning to? Well, you're not really procrastinating. You are having a difficult time recognizing just how busy your life has become, period.

You're probably still mourning that a host of other activities have taken the place of those leisurely evenings when you had a chance to

read that red, hot fiction book that has been on your shelf for years.

But here too, you may be able to deal with this situation. Donate every book you've never read and really don't think you'll have to except for one. Then place that one prominently in your bathroom.

Yes, you read that right, the bathroom. Then on your next truly hectic day run into the bathroom at lightning speed (before they notice it) lock the door, run the water, measure out the right amount of bubble bath liquid. Then put a half cup more in for good measure.

Now enjoy a long leisurely bath and oops . . . look at what just happened to be in here too . . . that one book you placed during your de-clutter process. What a serendipitous coincident.

Perhaps one of the hardest things anyone can do is clear the house of the possessions of a spouse or other family member who has passed away. This is an emotionally draining experience. Yet it is a necessary step in dealing with the grief, you must face it.

In this particular instance it's difficult to find a bright side. The best one can do is to bring in a trusted family member or friend to help you. In fact, if the friend can perform the actual physical removal of the items while you explain which things need to go, it certainly will lighten your load.

## SECRET #5: PARTING IS SUCH SWEET SORROW (SHAKESPEARE!)

Exactly how many cups do a family of four or five need? No, this isn't a Zen riddle. How many coffee or tea or even hot chocolate drinkers are there in your family? If you're like many of us, you probably own several distinct sets of cupware (if there even is such a word?!) and glassware. Brace yourself emotionally. You're about to decide if you really need to keep all those cups.

At least four to six of those cups undoubtedly belong to a set of dishes. If you have all of the dishes and use this set regularly, then you automatically know you're keeping the cups as well (Whew! First decision made!) If you don't have the entire set, then perhaps you really don't need those particular cups or mugs. Be brutally honest with yourself and give them away, other people need them.

Do the same thing with any "souvenir" mugs and cups you've collected from your vacations (or others have given you) that just don't appeal to you anymore. I'm not going to make you toss mugs that your grandchildren have given you or your children. Some items are worth their weight in sentimental gold!

But Aunt Martha meant well when she gave you that mug from Intercourse, PA that you're really not allowing anyone to see!

Use the same process with every other item in your cabinets. Go through your glassware. (Don't tell me you still have that sippy cup? If there's no sentimental value to it, toss it. But be honest about why you're keeping it. Perhaps it's better suited to living in the attic with the children's old things.)

We all have dishes we seldom use because they're cracked or for other reasons. If you don't use these dishes - and have plenty of others for your meals - then either toss them, or give them to charity.

Pots and pans . . . casserole dishes . . . pie pans . . . all live and die by this rule. If you can't remember the last time you used it, then you probably don't need it.

## SECRET #6: FIVE EASY STEPS TO DECLUTTER A BEDROOM

Pick a bedroom, any bedroom. It can be one of your children's or if you're brave enough it can be yours. Every bedroom seems to be a natural magnet for clutter. If you wonder why, just think about it.

It's out of the way of guest traffic and easy enough to close the door instead of de-clutter or clean. A hallway with the doors to the bedrooms closed looks quite nice. (Of course, that sign your teenager has hanging on his door "Enter at your own risk" is a tell tale giveaway of clutter . . . and more inside!)

That being said, you just may be in need of the "turbocharged" de-cluttering system. Here is a quick way to make any bedroom look a little bit right from the very start you open that door.

Here are the Five Easy Steps to De-Cluttering a Bedroom:

1. Empty the waste basket.

Yes, it's that simple. Of course, even you can see that it's brimming over with left over Taco Bell wrappers, candy bar wrappers, old newspapers and more. Why can't kids learn to . . . Wait!, this is "your bedroom" and not your child's. Hmm!

2. Straighten the Piles of Books and Magazines.

Nope. You don't even need to find a home for them. Try it. Just straightening them, and stashing them up against a wall makes a bedroom appear a little more wide open. Try it -- I guarantee it'll work.

### 3. Use a Basket As Temporary Storage.

This is especially helpful for a girl's bedroom. Take all that stuff from make up to earrings and necklaces and place it in a basket. Now you can actually see the dresser top (and you won't step on any earrings lying around the floor). You actually haven't solved the problem yet, but you've certainly tamed it some - and sometimes that's all we can hope for.

### 4. Make the Bed

A bed that's actually made helps a room look more organized and well, civilized. Even if you replace some of those books that your children are using back on the bed (perhaps you can arrange them a little nicer), a bed that's made pulls the bedroom together.

### 5. Run the Vacuum Cleaner

Performing this one single task can make the room look vastly more decluttered and clean. It's truly amazing. Of course, this isn't so easy to do if there are 17,000 items laying around the floor!

If unexpected company calls and you can do nothing else with a bedroom, run the sweeper quickly through the room (and by all means, the rest of your house). Then stand back a moment before that doorbell announces them and view the difference with just that one small chore completed.

## SECRET #7: THE 9 MINUTE BIN SECRET

Grab a bin, or a laundry basket, or a box. Something easy to hold and deep, that you can put in plenty of things.

Going clockwise around the room, pick up everything that doesn't belong and throw it in the bin. This works great for toys, but clothing can get tossed in there, as well as makeup, jewelry, and anything that simply doesn't go there.

This will eliminate 90% of the clutter, and take two minutes, tops. Stash the bin in a closet for emergencies, family get together , or spend about 5 minutes putting things where they need to be in that room.

The toys that go in that room, put back in the toy chest. The jewelry gets put in the jewelry box. Leave the dirty laundry in the bin.

Are there things from other rooms in there? Great! Take the bin and go to those rooms, and put things back. Make your end stop by the laundry, and dump the rest of the clothing in the washing machine. Simple, easy and hassle free, do it, work smart on it.

If your child happens to be a teenager, or rambunctious boy, the room probably smells freshly of dirt, sweat, and dirty laundry. It happens.



To remedy this, take a dryer sheet and put one in the bottom of every drawer, at least one at the bottom of a dirty laundry bin, and a few in the closet, wrapped around a hanger or discretely taped to the back of the wall, it will make a difference.

Sound extreme? Maybe, but dryer sheets are cheap and easy to replace. Just try it and see the amazing different it makes as they slowly release the scent into the air. Change them once a week to once ever two weeks, and you'll be far more willing to step into your child's bedroom!

## SECRET #8: THE NUMBER ONE WAY TO PUT MORE ROOM IN YOUR LIVING ROOM

It was here when I left for the grocery store, I swear it was. Maybe I shouldn't have left it alone with a husband, three children and a golden retriever. Now I can't seem to find it.

What is it that you're looking for? Oh? Oh! Your living room! Yes, that could become a problem. Are you sure it is under all this clutter? Don't panic, we'll find it. Yes, yes, I know you need it tonight, guests are coming!

For some households, the living room is the heart of the house, where we gather to watch TV, play board games, video games, do homework, have those serious heart-to-hearts, and spend time together.

No, No! Don't knock out that wall. You need that one. There's a much easier way to make your living room larger. You may have to make a decision or two. But it's a very quick fix to that, very well:

Look at your furniture! Yes, take a real good look at it.

In many living rooms, we try to stuff as much furniture as possible into it. I still have no idea why, or how this started, but having oversized furniture or just too much furniture in a room that it

doesn't fit just makes the entire room seem more cluttered.

After a while, you just get tired of either walking around it . . . or worse yet . . . you keep running into it. That's when you really need to rethink your furniture!

It's possible that a brand new furniture set is out of your price range right now, and that's totally understandable. But maybe you've had another set in mind, and have some of the money saved towards it.

Considering going to a website like Craigslist or Facebook Marketplace and selling your old furniture to help your New Furniture Fund. Even if you don't sell everything, getting rid of pieces that aren't used and just taking up extra space can make your living room seem more open and welcoming.

## SECRET #9: STARTING ON BATHROOM CLUTTER

So . . . the last time you had company and they wanted to use your bathroom, what did you tell them? Did you tell them all you had available was an outhouse?

If your bathroom is that cluttered, then we need to tackle it right now! It's almost as frightening as your closet but we can have you back on track in no time flat - guaranteed.

First, let's tackle that medicine closet. (By the way, if I open this door will "things" fall out of it? Take a critical look at your medications - both prescription and over-the-counter. (If you wear reading glasses, I suggest you bring them along!) You're about to toss everything out that has expired. If you have any medicine that is no longer current, you're going to toss it. No questions asked. (And this is more than just a clutter issue -- and you know it!)

Not only is this just wasting space, but this could be dangerous. Taking expired medicine has untold ramifications - so be sure to go through each shelf in your house where you may be storing any type of medication (many of us keep it in the kitchen!). Toss what's old and expired!

Got beauty products you haven't used in at least three months? Whether they've officially expired or not, toss them. Once they're

opened, the oils with which they're made can go rancid. You needed a good excuse to buy new ones anyway.

Take all those old toothbrushes. Toss them as well. Dentists recommend that you buy new toothbrushes every two months. But how many of us really do? Not only do toothbrushes collect germs over time, but they also become less effective in cleaning your teeth. Go buy three or four of them at once and you'll be set for quite awhile.

Let's clear out the shower/bathtub now, such as empty shampoo bottles, extra bars of soap, and old razors.

Now it's time for the toilet area - is there an excess of "reading material" around here, such as too many books and magazines? If so, clear them out, or find a better way to store them (such as a rack).

And that's it for now. Enjoy your cleaned and more comfortable bathroom!

## SECRET #10: THE ONE STEP THAT CHANGE YOUR WHOLE LIFE

Have you heard the story about the divorced mom who successfully started a business, but hit a stagnant period in its growth?

Once she received her divorce and had to search for a serious job to support herself and her child, she had to give up her first love: community theater. It obviously wasn't paying the bills; but more than that, she couldn't justify spending the large amount of time required away from her child or her job.

She had stashed a large box of scripts and other memorabilia from her stage days under the kitchen table, there being no other room after she downsized from a house to an apartment.

Finally, she had kicked the box one to many times and just tossed it. Out it went, one box of clutter. Not only she realized she felt good about getting rid of the box, but she also felt an emotional release. She finally recognized that theater was -- at least for the moment -- an activity that was in her past.

Her time, she now realized, should be spent on her business and her child. As soon as the box hit the curb, curiously, it appeared as if the floodgates opened on her business and her profits and activity soared to the next, very successful, new level of income.

This is not an unusual experience, according to Lynne Johnson, a

professional organizer from Quincy, Mass. She's also president of the National Study Group on Chronic Disorganization. Johnson acknowledges she regularly sees a link between individuals who get exasperated and intolerant of both their body weight and the clutter in their home at the same time.

More than one individual has made the decision, Johnson says, to change the way they live. They say to themselves: I'm not going to live like this any longer. I'm not going to hang on to this clutter. And then in the next breath say: I'm not going to hold onto my weight another moment longer.

The releasing of the clutter brings that serendipitous consequence of providing a better income . . . improving a personal relationship . . . or even that weight loss you had been struggling with for so long.

Ready to change your environment . . . then be ready to turbocharge the quality of your life as well and "Simplify The Way You Live".