

## **The Process of Decluttering Your Home**

This ranges from Soft Decluttering to “Swedish Death Cleaning.”

**Soft Decluttering** allows you to start small—One drawer or shelf at a time or one category of items (winter coats or drinking glasses). Take everything out, examine each item and decide what you really want to put back. Have 2 containers—one trash, one for items to donate.

**Downsizing** or Decluttering on a larger scale is a room-by-room process. Take a look at your current space. Does it look cluttered? Envision how you would like it to look. Would you be happier with more visible floor space? Visually strip the room bare and add items back one by one.

Develop a list of questions to help in sorting through items. Some possibilities: Is it useful? Do I really need it or will something else I have serve the same purpose? Does it make me happy? Does it have sentimental value? If so, how much? Have I used it or worn it in the past year?

### **Old Papers and Photos**

What is it important for you to keep? How do you want things filed?

What can be scanned/digitized (for photos AARP recently suggested Legacybox and ScanMyPhotos)

### **Digital Decluttering**

Think what makes sense in terms of how you want things organized. There are digital decluttering checklists on the internet.

“**Swedish Death Cleaning**” is not just about getting rid of things but of thoughtfully shaping the space you live in. The goal is to create a calm, peaceful environment, where every item is the result of an intentional decision to have it around.

It also recognizes that decluttering and simplifying your belongings is not just about you. It is a gift to those you leave behind.

**The DCV Website** has a list of places that accept donations.