



Step-by-step with...

Lizzie Grant, Declutterer

“Decluttering your physical space clears your mind for change”

Lizzie Grant was previously a family law solicitor assisting divorcing and separating couples so she understands the importance of keeping matters confidential, listening and providing effective solutions. She became a professional organiser and declutterer because she believes that the value of decluttering is not just creating physical space. “By clearing your physical space, you clear your mind to make changes in your life, which you have always wanted,” says Lizzie, “this may be feeling calmer and more confident, a career change, weight loss or new relationships”. Lizzie shares her tips...

1 Before you start, ask yourself what is your reason for decluttering to ensure that you are motivated to do it. Is it to have more space or feel less stressed and more organised? Big life changes are often connected with people deciding to declutter, such as moving home or down-sizing, having a baby, divorce or a death in the family.

2 Consider which parts of your home are your priority to declutter. There is no perfect place to start but clothes can ease you in, as we tend to be more used to decluttering these. Break it down into small manageable chunks. For example, if you want to declutter your clothes, you could say to yourself, ‘I will just do tops today’, rather than your entire wardrobe.

3 Remember to go at your own pace and ask for help from a friend, family member or professional organiser if you need a hand. Most people feel overwhelmed doing this on their own so do ask for assistance. A professional organiser will help you simplify and streamline your possessions so you can feel happier and function more efficiently.

4 The more you declutter, the easier it will become. Part of this process is deciding what is truly adding value to your life now, at this moment in time. It is so easy to live in fear of the future or being stuck in the past. The key is to live in the present and focus on keeping things in your life that make you happy and that are useful.

5 Anyone can declutter, no matter how overwhelming and daunting it may seem to begin with. If there are items which you are not sure about, put them to one side and come back to them nearer the end of your decluttering session as you may find it easier to deal with them then.

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6 Resist buying storage solutions until after you declutter. Containers only store the stuff, they don’t deal with the underlying problem. Save yourself time and money by decluttering first and then buying only the storage you need.

7 Once you have decided which items you are letting go of, try to remove them from your home as quickly as possible. There are lots of options such as donating to charity, gifting to friends and recycling. The quicker the clutter goes, the quicker you will feel the positive impact of all of your hard work decluttering.

8 The biggest benefit of decluttering is undoubtedly making you feel happier and less stressed. We underestimate the psychological power of stuff and its impact on us. By clearing your physical space, you can clear your mind as well, enabling significant changes to be made in other areas of your life.

9 On a practical level, decluttering saves you time as you no longer have to waste minutes searching for items. My clients tell me they feel like a weight has been lifted once they have decluttered.

10 Once you have really thoroughly decluttered, maintaining it is relatively easy. Part of the process is about becoming more mindful about what you buy and what you bring into your home. Reviewing clothes, shoes and accessories when the seasons change is a good way to keep on top of your wardrobe.

For more information and tips from Lizzie, visit simplifystuff.co.uk