



SPRING
CLEANING &
CLUTTER
CLEARING

PURE LIVING WITH LISA MORTON



INTRODUCTION

Spring is a time of renewal, growth, and change. As flowers bloom and the world wakes from winter slumber, it's the perfect time to clear out the old and make way for the new. In this guide, we'll explore the benefits of clearing clutter and spring cleaning and practical tips and strategies to help you get started.

*"When you let go of the old, you make space for better things
to enter your life"*



THE BENEFITS OF SPRING CLEANING

For many people, spring cleaning is a yearly tradition. It's a way to create a fresh start for the new season and freshen up after the long winter months. We remove dust, dirt, and debris by deep cleaning our homes, which can help reduce allergens and even help us feel more organized and better functioning in our environment. In turn, Spring Cleaning can positively impact our mental health! By removing old and unwanted or unneeded items, we create physical and psychological space to invite an energy of focus and clarity.

PRACTICAL TIPS FOR SPRING CLEANING

Thinking about Spring Cleaning can be overwhelming, but it can be efficient and effective with a few practical tips and tricks! Start by creating a checklist of tasks such as washing windows, cleaning blinds, and dusting baseboards. Ensure you have all the necessary tools, such as rags or microfiber cloths, vacuum and mop, and cleaning solutions. Having these items out and ready to go when needed is best. Consider getting your family involved, too! Cleaning is always quicker, easier, and even fun with help! Once you complete an item, check it off your list to build momentum and a feeling of accomplishment!

WHY CLEAR CLUTTER

Clutter is not just physical stuff. It's also mental and emotional baggage that can weigh us down! Clearing clutter can help us feel more organized, focused, and calm. It can also free up space physically and mentally, which can help us feel more creative and inspired. Being surrounded by clutter can create barriers to productivity and lead to heavy feelings such as stress and anxiety.

LETTING GO OF SENTIMENTAL ITEMS

One of the most challenging parts of clearing clutter is letting go of sentimental items. Whether it's your favorite childhood toy or your grandmother's dress that has deteriorated, these things can be hard to part with. Remember that just because you choose to let go of these items does not mean you're letting go of the beautiful memories you have. Consider taking photos of the things as you sort through them. That way, you'll have the image to reflect on but free up physical space.

GETTING STARTED CLEARING CLUTTER

When clearing clutter, it's important to note the problem areas. We often know exactly what areas are problems, but walk through your space to identify areas that look cluttered, need to be more organized, or are simply not serving their purpose. Once you've identified the areas to address, create a plan. Write down your approach, for example, moving top to bottom or left to right. Create a system to use throughout. A checklist system here can also be beneficial and motivational!

DONATING AND RECYCLING

When clearing clutter, it's important to consider the environmental impact of tossing things in the garbage. Many electronics can't go to landfill. Be sure to locate opportunities in your community to recycle.

WHERE TO DONATE

Now that you've decluttered, there are many places you can donate your things to them that might be of use to someone else. Be sure the items you're contributing are in good condition and can be helpful to someone else. Please don't treat donation centers like a dumpster!

Salvation Army

Volunteers of America

Dress for Success

Habitat for Humanity Re-Store

National Furniture Bank

Churches

Schools

After-school programs

Homeless shelters

Women's shelters

Community Centers

Animal Humane Society

Local Animal Shelters and Rescues

STAY THE COURSE

Once you've cleared your clutter and finished spring cleaning, it is vital that you establish a system for maintaining your now clutter-free home! Create a plan that your entire family can get on board with. Create a daily or weekly schedule for cleaning and tidying and try to include each family member to divide tasks among everyone. Be sure to develop guidelines and create accountability to ensure everything gets done. By making these habits a part of your routine, you can prevent future clutter from even happening. So let's take a deep breath, grab your cleaning supplies, and get to work!

CONCLUSION

Clearing clutter and spring cleaning may seem like a huge undertaking, but creating a well-thought-out plan and moving one step at a time can make it an efficient and effective process. Clearing out space can create a more positive and productive environment for ourselves and our families.

Take a deep breath, grab your cleaning supplies, and let's get to work!