

# Stay on top of your clutter

Shelina Jokhiya, a professional organiser from Decluttr Me, shares her quick tips for managing the mess

Do you wake up in the morning and see clutter in your bedroom, then later in your office and when you are driving back in your car? Do you clear a small part of the clutter but it keeps piling up? Wish you could keep the clutter at bay all day? Here are some great tips on how to stay on top of your clutter starting from the moment you wake up:

## **Create a donation box**

Every home needs somewhere to collect the things you no longer need. I usually use an old box or big garbage bag and mark it with the words TO DONATE, to let everyone at home know what it's for.

## **Add five things to the donation box every week**

Each time you go in your wardrobe or through your drawers and see something you no longer love, need or use, put it in the donation box.

Also make everyone in the house collect five things every week to add to it. Before the week is over, the box will be full.

## **Never leave a room empty handed**

Make sure you take something with you every time you leave room, such as dirty dishes from the lounge to the kitchen, laundry from bedroom to the bathroom, toys from the lounge to the kids room, mail, etc. If it belongs in a room you will be going to or passing, take that item with you.

## **Do a 10-minute tidy up before bed**

A quick sweep before bed will set yourself up for the next day. Plug your mobile phones in for charging, check and update your calendar, tidy the kitchen and bathroom surfaces, make lunches for the family, choose the clothes to wear the next day and do anything that can help you start the new day less stressed and more prepared.

## **Book a professional organiser**

If you cannot see above the clutter and panic when starting to use the tips above, don't worry. A professional organiser can help you remove the panic, clear the clutter and also help to nudge you to use the tips above moving forward. [declutterme.com](http://declutterme.com)

