



A CLOTHING CLUTTER CLEANSE: 4 SIMPLE STEPS

#1 EVERYTHING OUT

Yes, that means EVERY SINGLE ITEM needs to be taken out of your closet (and second closet!), dresser, under-bed box, etc.

#2 EVALUATE ITEMS

Pick up each item (probably try it on), and ask the following questions:

- a. Does it fit?
- b. Do I love (at least like) how I look?
- c. Is it in style?

Be honest with yourself. It may help to have the opinion of a friend (or even better – a teenage daughter – mine can be leased out!).

Reality check: It does not matter how long you have owned the item or how much you spent on it. If you cannot answer YES to ALL of the above questions, it is adding clutter to your life.

#3 MAKE PILES

It's decision time. Sort clothes into piles:

- **01. Good-bye**
 - The item doesn't fit the #2 criteria
 - Toss rejected items in a garbage bag
 - Put the bags in the trunk of your car and drop at a donation site ASAP
- **02. Cannot decide**
 - Neatly fold clothes & box them up
 - Store the box out of sight (ideally, the basement or attic)
 - If you realize you need or want to wear an item in the box, go get it
 - Set a reminder on your phone for 6 months from now. When it goes off, revisit the box. Any items you have not touched should be donated
- **03. Keep**
 - Fold/hang clothes you want to keep
 - Group like items together
 - Decide if you have too many of any one item (you do not need 8 black t-shirts or 15 pairs of jeans)
 - Send unnecessary multiples back to the good-bye pile



#4 PUT AWAY

Start grouping garments by type, then organize by color → Next, put hanging clothes back in your closet with the hangers facing backward → And, lastly, as you wear the clothes, replace hangers the correct way.

BRAVO!

You now have an organized closet of clothes that fit and look good on you!

6 MONTHS LATER...

Here is where that six month reminder comes in again. When it comes up, evaluate any items on the hangers that are still facing backwards. Those clothes should be moved to the CANNOT DECIDE box in the basement and you should turn all of your hangers backwards again. The clothes that spent the last six months in the CANNOT DECIDE box should be donated.

Blank area with horizontal lines for notes.

Whew! It's an ongoing process. But trust me, you will feel so much better when you look into your closet and only see items you love. It makes getting dressed easier and you always feel like you have something to wear.

If you would like help with your Clothing Clutter Cleanse (or any room in your house) call or email for a consultation.

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