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Gentle Approach Coaching

9 Gentle Clutter Clearing Guidelines

1. **Start Small.** Instead of trying to transform a whole room at once, begin with one drawer or surface.
2. **Visualize the Future.** Whether the area you're working on is large or small, spend some time imagining how you want it to look, feel, and function.
3. **Make a Date.** Schedule clutter sessions on your calendar. Set a beginning and an ending time. Be realistic about how much time and energy you can dedicate to the process each week.
4. **Get Closure.** Spend the first part of your time sorting your clutter into categories. Then shift gears and begin addressing the piles, getting papers filed, objects donated, misplaced items back in their homes.
5. **Get Help.** If possible, have someone assist you. It should be someone who can be respectful, focused, and willing to take cues from you about how best to support your process.
6. **Take 5.** When you get overwhelmed, stop and take a 5-minute break. Go outside. Wash your face. Breathe. Get a drink of water.
7. **Mix It Up.** For example, if you are going through papers, try alternating that activity with something more physical and less detail-oriented. Do some laundry. Wash some dishes. Do a little weeding.
8. **Be Gentle.** Going through clutter often brings up shame. Be as kind, loving, forgiving, and compassionate towards yourself as possible.
9. **Write It Out.** A journal can be an excellent companion to the process of confronting your clutter. Writing about the thoughts and feelings this process evokes can help you get unstuck and can also lead to clearer, wiser choices.