

# decluttering

## AFTER LOSS

This checklist gently guides you through the initial steps of decluttering, offering practical tips and encouragement.

- START SMALL: BEGIN WITH ONE MANAGEABLE AREA TO BUILD MOMENTUM.
- THREE-BOX METHOD: SORT ITEMS INTO "KEEP," "DONATE," AND "UNDECIDED" BOXES.
- CREATE A MEMORY CORNER: DISPLAY CHERISHED ITEMS HONORING LOVED ONE.
- TAKE BREAKS: SET A TIMER, REFLECT, AND PRACTICE SELF-CARE DURING DECLUTTERING.
- ASK FOR HELP: SEEK ASSISTANCE FROM FRIENDS, FAMILY, OR PROFESSIONALS IF NEEDED.
- CELEBRATE PROGRESS: ACKNOWLEDGE SMALL STEPS TAKEN IN DECLUTTERING.

**NEXT STEPS: SCHEDULE FUTURE DECLUTTERING SESSIONS OR SEEK PROFESSIONAL SUPPORT WHEN NECESSARY.**

**In and Out** organizing

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