

ALTERATIONS: A Well-Being Centered Approach to Decluttering

TAILOR your space for the life you're living.

Decluttering is more than making space.

It is an opportunity to create a home that supports your well-being. Think of it as an alteration, thoughtfully adjusting your space so it fits the life you're living now.

T • Take Measure

Understand where you are and what you need.

BEFORE YOU BEGIN Identify your why, how you want the space to feel, and what your current life requires.

What would feel different if this space better supported your physical, mental, emotional or financial well-being?

Consider: How you move through the space | How the space affects your mental load | How it makes you feel | Whether it supports your financial priorities and spending habits.

PREPARE Gather:

BAGS + BOXES

LABELS

CLEANING SUPPLIES

WATER + SNACK

STAGING AREA

For donation, recycling, trash, and items to sell.

Paper, stickers, or markers for simple categories.

Wipe surfaces as you go.

Take care of your body while you work.

Create one clear place for items leaving the space.

A • Assess

Examine what you have. Do your best to be objective.

Take photos of the space. You may be surprised by how much changes.

- What is in this space?
- What categories are here?
- What is being used regularly?
- What is taking up disproportionate space?
- What is broken, duplicated, expired, or nonfunctional?
- Where are the pain points?

I • Identify What Matters

Clarify what deserves your space, time, and energy.

Ask these questions to check the fit.

- Does this support my life now?
- Does it add value to my everyday life?
- Would I buy it again today?
- Is it worth the space it takes up?
- Would I bring it with me to my next home?
- Does it fit the person I am becoming?

L • Let Go

Release what no longer fits.

Work one manageable area at a time. Empty it, clean it, and decide about each item before putting anything back.

DECIDE

KEEP

I use it, need it, or genuinely love it.

FIX

I will realistically repair it.

SELL

It has enough value to make selling worthwhile. Choose one platform and give yourself a clear deadline.

RELOCATE

It belongs somewhere else.

DONATE

Someone else could benefit from it.

RECYCLE / DISCARD

It is no longer usable. Dispose of items responsibly and according to local guidelines.

YOUR WELL-BEING COMES FIRST

Be kind to yourself. Decluttering is not a race. Your well-being matters more than finishing the room. Decluttering can be physically and emotionally demanding.

SET A LIMIT

TAKE BREAKS

MAKE IT PLEASANT

NOTICE THE CHANGE

Choose a session length that feels manageable.

Pace yourself. Step away when your energy starts to dip and stay hydrated.

Play music, podcast, audiobook, or something comforting.

Pause to appreciate what feels lighter, clearer, or easier.

Decluttering is only complete when the items you chose to release leave your space.

O • Own Your Choice

Trust your decisions and release without guilt.

Notice what comes up when you decide to release something. Fear? Obligation? Guilt? You don't need to dislike something to release it, you may simply have outgrown it.

Feeling stuck? Visit [FOG](#) or reference the [Sentimental Clutter Guide](#).

R • Reset & Maintain

Your home should fit your real life, support your well-being, and make life easier; not harder.

CREATE A RESET

KEEP A DONATION BIN

PAUSE BEFORE BUYING

USE WHAT YOU OWN

Choose a realistic day or time to return misplaced items and address pockets of clutter.

Make it easy to release things as you realize they no longer serve you.

Slow down purchases and ask whether the item supports your current life.

Give yourself space to enjoy what is already in your home.

Visit [Maintaining Your Organized Home](#) for continued support in maintaining your boundaries and a tailored lifestyle.

Be the TAILOR of your life.

Know what fits. Release what doesn't. Make room for what matters.