

# 10

## Conquer Clutter In Less Than Five Minutes With These 10 Tips

By Lisa Cunha

LC Interior Redesign  
16 Kensington Avenue, Reading, MA 01867  
781-249-2600  
[www.LCInteriorRedesign.com](http://www.LCInteriorRedesign.com)

While searching for articles and publications on ideas to organize your home, I came across these quick tips that I think everyone can make a part of their day.

Having a clutter-filled house can make you feel overwhelmed very easily! In every room you look, you see chores that should be done—no one task is very difficult, but together, they add up to a big headache and a big mess. It is so much easier just to add to the piles than to try to attack the problem.

These ten easy tips, when followed regularly can help keep clutter under control—and best of all—none of them takes more than five minutes.

1. Make your bed each morning—there is nothing better than getting into a fresh clean well made bed!
2. Throw away the newspaper each night, even if you haven't read it yet—read yesterday's news online.
3. Follow the "one-minute rule" – push yourself to do any chore that takes less than one minute. Throw away the

junk mail, close the cabinet door, put your dirty socks in the hamper, hang up your wet towel.

4. Identify an organization to whom you can give things you no longer need—it's much easier to get rid of unneeded stuff if you can envision someone else getting good use from them.
5. Think for a moment before you "store" something. Storing something means you don't intend to use it very much. Other than holiday decorations and seasonal clothes, you should try to "store" as little as possible.
6. Beware of freebies. Never accept anything free, unless you're thrilled with it. A mug, a tote bag, a hand-me-down toy, the lamp from your mother-in-law—if you don't need it, don't take it.
7. Get rid of things if they break—are you really going to fix it?
8. Don't keep any piece of paper unless you know that you actually need it. For

years, I carefully filed away the stubs when I paid bills only to throw them away at years end. Remember the internet! If you can easily find information online, you don't need to keep a hard copy.

9. Hang up your coat.
10. Before you go to bed, take five minutes to do an "evening tidy-up." Don't tackle anything ambitious, just stack up the magazines, put your shoes away, shove the chairs into place, etc. Just a few minutes of tidying can make your house look a lot better, and it's a calming thing to do before going to sleep. Plus it makes the morning nicer.

