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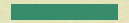
**DECLUTTER WARDROBES,  
KITCHEN, AND WORKSPACE**



organo  
Et  
School







Decluttering begins in  
minds before it begins  
in the house







The availability of disposable income and instant access to all kinds of marketplaces online and offline has made us somewhat a hoarder. We don't wait to buy things; We buy before the need arises; We buy before we discard; And we buy multiple things that have similar use. The same thing happens to our wardrobes. To be trendy or Insta Worthy, we buy garments that have drama but not much wearability. Once worn they are buried into the deep chasms of the wardrobe never to surface again. In the kitchen, we buy multiple gadgets for performing one task that we eventually do by hand as we find the gadgets too cumbersome to use. In our workspace we hoard stationery. We create piles and piles of files and paper that may never find a later use.

This leads our house to get cluttered. A cluttered house is not an easy place to live. In a cluttered house, finding things that you had stored carefully for anticipated later use is a task when the need arises. If you get a new item that is actually needed, you will find no place to keep it. Important stuff gets buried deep in the heaps of unimportant stuff making life difficult. A cluttered house is visually unappealing and mentally frustrating.

Decluttering your house by getting rid of unnecessary items can truly reduce the stress in your life by giving you a neat mental and physical space to live in. Decluttering also makes your life sustainable and environmentally

friendly. By decluttering you reduce your consumption and minimize the waste at the source itself. By deciding to keep the most efficient appliance for your use and giving away others you reduce the power consumption at your home also. The items that you donate or resell in the process of decluttering go back into circulation and are reused or recycled. This helps in reducing wastage to a great extent. Here is a quick guide to help you declutter your life.

### **5 simple rules to follow when you are decluttering**

#### **1. Always start decluttering with a plan:**

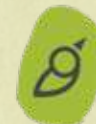
Do not try to declutter everything all at once. It may get very frustrating and overwhelming and you may give up easily. It is prudent to divide your decluttering space into multiple zones and start with a small zone before moving to a bigger zone. This will help you get through the task without giving up.

#### **2. Set up a sorting system:**

Use the four-box method labeling the boxes as trash, give away, keep, and relocate. Enter any room in your home and place each item into one of the above boxes depending on what you want to do with it. This will be a continuous process and will help in keeping your house decluttered for a long time.







### 3. Do not attach a monetary value to the clutter:

Value a thing by its utility and not by its price. Keep what you need and discard or give away what you don't need irrespective of its price.

### 4. Do not keep donating/selling items for long:

Getting them out quickly will help create space and the items may reach a person who may actually use them.

### 5. Getting rid of just-in-case items:

We rarely use our just-in-case items. Anything that has not been used in one year and will not be used in the next six months needs to go out. In this era of easy orders and early delivery, everything is available when needed so there is no point to keep items that occupy space in your house unnecessarily.



## 6 tips to declutter your wardrobe

### 1. Discard:

Anything that is torn or has holes, that has stains, is damaged, is beyond its

expiry date, or is unworthy of donating. This could be clothes, shoes, makeup, or bags.

### 2. Donate:

Anything that you have not used in six months and will not use in another six months. This could be clothes, shoes, bags, scarves, or faux jewelry. Anything that is uncomfortable or does not fit you anymore also goes out. You have to be a little ruthless in making this decision.

### 3. Keep:

Anything that you use on a regular base; Anything that has been gifted and has a sentimental value; Anything that you will use for sure in near future.

### 4. Let go of items that repeat themselves:

For this, you can group similar kinds of items like blue jeans, white tops, skirts, tote bags, etc., and decide what you want to keep and what you want to let go. Trust me there will be your favorites and non-favorites, and that will make the job easy. Also, make a mental limit of the number of skirts, tops, trousers, etc. that you want to keep and stick to that number.

### 5. Shop smartly:

Buy clothes that you really need and will wear regularly. If you need to buy a special dress for a special occasion then buy one that could be worn on multiple occasions over a period of

time. One-time-wear dresses are a big no-no.

### 6. Follow the one-item-out one-item-in rule:

Buy a new basic only after you have decided to discard your old one. This will keep the volume of your wardrobe in check and will help you find your clothes easily.



## 7 tips to declutter your kitchen

### 1. Discard:

Old cracked utensils, chipped crockery, spoiled non-stick pans, old plastic containers, and broken appliances. Old aprons, dishcloths, threadbare towels, and expired food items also need to be discarded.

### 2. Donate:

Old crockery that you have not used





ever, old appliances that are no longer useful to you. Also, give away duplicate appliances and utensils that are meant for similar use. Just keep the one that you find most useful and donate the rest. Take an inventory of the mugs that you have and donate the excess, trust me you will never miss them. Food items that you will not use must also be given away.

### **3. Keep:**

The most useful appliances as well as the crockery that you use on a day-to-day basis and for entertaining guests. Think practical over pretty here.

### **4. Start small:**

The kitchen is a big space to declutter, so start with one rack or cupboard at a time. You can start with a spice rack, move to the pantry, and then to the utensil storage area. Give each area its own good time.

### **5. Containers are important:**

Getting a similar type of stackable see-through containers in different sizes for storing food items will help you organize your space better. The visibility of food items through transparent containers will ensure that you are buying items only when they finish and will prevent you from hoarding them unnecessarily.

### **6. Do not buy kitchen stuff in anticipation:**

Figure out how you work in the kitchen,

and what are the fast-moving items and keep them always in stock. Do not buy appliances or ingredients in hope that you will use them sometime. Everything is easily available in markets these days, buy that sauce or that appliance only when you decide to work with it. This will help your kitchen be decluttered for a long time.

### **7. Declutter that refrigerator:**

This has to be a regular job. Once in three days give your fridge a deep look. This will help you decide what to refill and what to remove from your fridge. This will take only five minutes of your time but will keep your fridge decluttered regularly.



## **4 tips to declutter your workspace**

### **1. Keep it practical:**

Only keep what you use in your workspace and get rid of what you don't use. Keep a cap on the number of stationery items you would have on your desk. Also, limit the number of personal items you have on your desk.

### **2. Use proper storage:**

Don't keep stuff lying around on your desk. Use proper storage for your paper, pens, files, and other stationery items. This will create more space in your work area.

### **3. Mind your cables:**

Cables look unsightly and gather dust. Keeping them hidden creates an illusion of a neat and clutter-free work desk.

### **4. Paperless is the way forward:**

Going digital with your files will free a lot of space in your workspace and will help you manage your files better.

It is very important to declutter your house and your life. A decluttered life has its own perks. You get more time for yourself as you have less stuff to clean, less to organize, and less stuff to fret about. Decluttering is easy on your pocket too as you don't spend time and money buying items you don't really need. A neat and decluttered house requires less effort in maintaining and thus leaves you with enough time and energy to follow your passions. This ultimately leaves you a happier person, knowing that you have positively impacted your home environment as well as the planet.





## About Organo Et School

Organo Et School empowers people to embrace eco-living mindsets, behaviors, and habits. We recognize that for any positive impact to be sustainable, it must be long-term and inter-generational.

Organo Et School is a learning initiative set up by Organo in 2017 and has been facilitating field visits and workshops for Schools and Interest Groups. Organo Et School has had over 25+ schools, 6500+ students, and 3000+ adults participate over the last 7 years.

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Image location: OES Children's Farm





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