



SPECIAL ADVERTISING SECTION



CLEARING THE CLUTTER: IT'S EASIER THAN YOU THINK

Pam Niequist Wehbi

Decluttering can be a cathartic experience that leaves you feeling as if you have a new lease on life—that you suddenly have freedom, peace, and room to breathe. So, why do we often dread doing it?

Many times, we jump in without a plan of attack and feel lost amid the piles and stacks of “things.” A plan and a few simple guidelines can make tackling the job far less daunting.

Start small. Whether your goal is to declutter your basement, your garage, or your entire house, start with a small area. Clear out the junk drawer and then the pantry. Do the linen closet before your walk-in closet.

Imagine a different scenario. What would you do if you suddenly had to move across the country or even the globe? Not only does it make you think about what’s most important, but also makes you work faster because you know it must be done.

Conduct an interrogation. Do you use it regularly? Does it make life easier? Does it make you happy? Would you miss it if it were gone? Ask yourself these questions, and you’ll know what you can do without.

Be realistic about your deadline. Depending on how much time you have for decluttering, set realistic goals—one or two drawers a night, one room per weekend, etc.

Think dual duty. Invest in multi-purpose items, such as beds with drawers underneath, storage ottomans, under-stair cabinets or drawers, kitchen cupboard doors with hooks and racks, etc. to keep things clutter free.

Help others. Donate rather than discard whenever possible. You know what they say ... one man’s trash is another man’s treasure.

Make it a daily chore. Stay on top of the clutter. If you do a little bit every day, the big job will be much easier.

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73 CENTRAL STREET | WELLESLEY | MA 02482 | 508.653.1256
TEAM@BARBERREALESTATEGROUP.COM

