

Northwest Home Coach with Lisa VanDoorne

June 29 at 11am

Notes:

- Northwest Home Coach was started by Lisa during the pandemic and has grown to a team of 7. Lisa services the PNW and has visited many different states too.
- Once you have outgrown the container of a certain something, you need to stop adding to the container. A container can be as small as a box or as big as your house. You need to take out before you can put more in. The items you take out to put more in, donate.
- Opportunity cost (price you pay for keeping something that can be used in a different way) needs to be considered.
- Downsizing now is beneficial for future generations of your family.
- Clutter causes asthma, allergies, sleep problems, impactful on heart health, extremely stressful, associated with anxiety and depression, leads to lost productivity (lose 15 min/day; 75 min/week; 3600 min/year).
- Clutter affects your physical, mental, and emotional well-being.
- Storage units are enabling your clutter.
- Lighter colors are more appealing to the eye & makes a room look less cluttered.

Methods to manage and maintain decluttering:

- Start with garbage (old boxes, trash).
- Start collecting on what you want to donate (make a list of donation centers you want to donate to). It's easier to donate items if you believe in the cause you're donating too.
- Give items back to people you have borrowed from.
- Put things back to where they belong (Where is a place that makes most sense to you/functionality to you).
- Put like items with like items.
- Find appropriate storage solutions (baskets, bins, files for papers/magazines/craft books, rolling carts, countertop shelves, labelled spice jars).
- Keep similar colors/ matching décor.

Strategies for staying clutter free:

- The 5 min pick up. For 5 minutes pick up with family/spouse to put things that have been left out.
- One in, one out. When you replacing something throw the old thing out.
- Let go of what you have outgrown (books, games, artwork, clothes).
- Get help! You don't have to do this alone. Ask family, friends, housekeeper once a week, professional organization teams).

Questions?

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And also: [National Association of Productivity and Organizing Professionals](#)