

FAMILY & CONSUMER SCIENCES

*De-Cluttering
Divas
Newsletter*

Vol. 1

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Welcome to the De-cluttering Diva Newsletter! *Divas—Latin for Goddess!*
You will receive this newsletter on a monthly basis for the next year. Within that year please feel free to share this information with fellow club members, family and friends. *The hope is to inspire, inform and encourage you and others to De-clutter your life and your space!*

Sincerely,

*Mary Hixson
FCS Extension Agent*



Why do people clutter?

- we are urged to buy things everyday
- we can't bear to part with a piece of the past
- we don't know where to put it and so it's set aside-then we lose it and have to buy another one!

Some Thoughts on Possessions 1

Keep the beautiful and useful: get rid of the rest! (would you pay to move the item?)

When you buy something new, get rid of something old.

Buy Quality, not quantity.

Limit how much you keep of any one thing. Less is more!

Put things away! Neatness counts!

Use the good stuff! Don't hide it or save it for "special occasions".



When you start to organize, remember to recycle!

\$ Donate your wearable clothing to the local ‘clothing bank’. If you would give it to a friend, then it’s alright to take to the ‘clothing bank’.

\$ If you have storage in cardboard boxes—break the boxes down and take to the recycling center as you replace them with sturdier plastic bins.

Can you think of other ways to incorporate recycling into your De-cluttering?

Tips on how to feel a little bit more organized!

Wake up at least 15 minutes earlier and map out your day in your head. Mentally visualize what you want to accomplish during your day. It works!

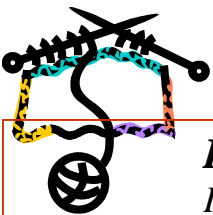
Make your bed before you leave the bedroom. This sets the tone for your day. When this habit is secure—straighten the vanity before you leave the bathroom for the day. This will give you 2 things achieved during your day. And it always feels good to come home to a neat, straightened home. This will lead to other quick pick-ups.

“What do you really want?” Ask yourself this question until you have a clear answer. Your answer will help you prioritize.

Take small steps. Don’t try to tackle the entire room. Remember portion control! Just like when we eat. Divide your room into small portions and tackle one at a time. you’ll feel great for your ‘portion control’ when you organize one at a time!



If you have something to share with other ‘Divas’ —don’t be shy. Contact me by email and share your story, tip or idea at mhixson@uky.edu



Knitting It All Up...

It started out as a search—a search for some forms I knew I had left in the pile on the corner of my desk at the office. It ended with a half filled recycling bin I have sitting by my computer. My search led to me going through a stack of papers and ‘de-cluttering’ for about an hour. An hour well spent! I felt so good about all I had done—I told everyone the next day! They didn’t get that excited!

Getting started is the hardest part sometimes, but you can feel so good after you have cleared out an area or even a stack! (Now if I could just get to those other stacks)

See you next month, Mary

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