

Clutter Creep Management Plan Activity & Reflection

Manage Clutter Creep

Setting limits never takes a vacation. Notice when clutter is forming. Tolerating things being left in certain places at certain times is normal. Diligently set a timeline for items that belong elsewhere to find their true home. I notice these things happening in large retail stores. Toothpaste is left in the pasta aisle. Adult socks are found with the kids' toys. I have to think there was an emergency and the shopper had to leave quickly. Someone has to come by and return those items to their rightful place. You become that someone in your own home. Designate time each day or every few days to collect and distribute left items to their rightful homes. The following activity will encourage you to manage your clutter from this day forward.

Clutter Creep Management Plan

Conscious clutter awareness is necessary forever. Clutter creeps in, first unseen, then one day it's back again and overwhelming. Stop its insidious encroachment.

WHAT: Create a plan to mindfully remove excess.

WHY: You are ultimately responsible for clutter management of your spaces.

HOW: Manage clutter creep: Pay attention. Change your behaviors. Hold yourself accountable.

TOOLS: Calendar (phone or hard copy), writing utensil, computer or tablet, accountability partner.

TASK: Create two ways you will manage clutter. Ideas:

- Set calendar appointments.

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- Mindfully monitor. Take a photo of ideal space and again at week's end. Adjust behaviors accordingly.
- Donate "to-go" items every three months.
- Clear surfaces one set day each week.
- Invite people over.
- Have an accountability partner with whom you exchange weekly photo or video check-ins.

TIME: As needed.

Reflection Activity

WHAT: What two clutter management tools will you incorporate? In the space below, answer the reflection question.

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