

Home Detox Checklist

Ready to clear the clutter FOR GOOD? [Check out this post first](#) if you haven't yet, and continue on with the following steps! Happy Home Detoxing! ~Amy

1. Home Detox Toolkit

Start by having the right tools at your fingertips so you can focus!

Here's what to Gather:

- boxes/bags for donations
- trash bags
- a laundry basket for any items that you're keeping but belong somewhere else
- cleaning supplies you might want for the space (vacuum, dust rags, etc),
- a tape measure (which comes in handy if you need to measure a shelf or container size for an item)
- a notebook/ phone so you can start a running list of any additional organizing items
- a bluetooth speaker or headphones so you can listen to motivating music or podcasts while you work!

2. Create Zones

Next, divide the room you're working in, into zones to make it less overwhelming.

I like to create zones by function!

For example, when I started the home detox for my basement, the zones I created were:

- laundry area
- storage area
- home gym
- family room

There's no "wrong way" to create zones, just break down your space by function and it will help the task to not seem so daunting.

Work the following steps through each zone, then move on to the next zone until the room is complete!

Home Detox Checklist

3. Go for High Impact

Once you've picked your first zone to work on, begin by cleaning out the areas in that room that have the biggest visual impact.

I love to start with the floor!

This can sometimes be a quick/easy and very visually rewarding place to start. (Once that floor is clear, take notice of how much lighter you feel!)

Then move on to any large horizontal spaces (such as a counter or desk) and get another big win.

Keep going with those big visual areas and work your way down to less visible areas like drawers or inside closets.

4. Ask Questions

As you continue with your home detox and evaluate items, determine what is worth keeping by asking the right questions.

Here are a few examples, but feel free to add your own questions to this list!

- Is this item outdated or broken?
- Do I use this item, and if so how often?
- Is this item perfectly fine but something I no longer need?
- Do I want to keep this, but not in this room?
- Does this item reflect who I am becoming (my future self) or does it represent someone I no longer am? (past self)

As you determine your "keep" items, group similar items together and get ready to organize once all items in the room are categorized and the trash/donate items have been cleared away.

Home Detox Checklist

5. Create Your System

After you've determined what is going to stay in the zone, you can create your organizational system.

(Answering the question:

Where do these items always live?)

Using my basement as an example, I decided in our storage area to use clear boxes and label them with the items inside, such as "fall/Halloween décor", keepsake items, seasonal clothing like boots/winter coats, beach gear, etc. I also designated a closet in our family room to just hold the kids' craft supplies.

Check pinterest if you're stuck and need some system ideas, but keep it to a specific search (such as "craft organizing") and limit your search time to 30 minutes or less so you aren't overwhelmed.

Now is when you can also go back and consult your running list of bins/organizing supplies and measurements and double check those sizes are still going to work for the amount of items you have and buy what you need.

6. Maintenance

Once you have a place for all the things (your organizational system) keep it all in check with nightly 15-minute clean up sessions.

This is where you go through your house quickly (enlisting the help of your family/partner!) and put away any misplaced items, throw away trash, etc.

Try using a timer with the whole family and see if you can beat the clock!

Enjoy waking up to a fresh, organized space in the morning.