



# The Three Box RULE Dejunking



# Ready, Set, Dejunk!

If you're like a lot of people the word "dejunking" makes a shiver run up your spine. How much stuff you to hang onto will decide how big that shiver is! But take it from me, a long time dejunker and person who likes to hold onto things, there are ways to help ease the job of clearing out your home and making it a more peaceful place to live.

As most of you know, clutter affects us. There have been several studies that verify this. I know when my area or home is cluttered my mind literally feels cluttered. Only once my environment is orderly do I have a sense of calm. It's also great being able to find your stuff!





## Simple Guideline

Dejunking is NOT about blindly tossing things in the spirit of cleaning out. Much of what you own is valuable to you in one way or another. The key is to get rid of the extra baggage we've held onto that doesn't improve our life in any way. You've probably heard some version of this concept below but it really is essential in clearing out things. Once you are truly on board with it the rest is a piece of cake!

### IF IT'S NOT BEEN USED IN 13 MONTHS, GET RID OF IT.

13 months allows for holidays. The main exceptions to this rule is keepsake items, memorabilia and emergency kits. Yes, once in a blue moon I've personally gotten rid of something I wanted later. Big deal. I've learned that its just not worth it to hold onto every single thing under the premise I *might* need it sometime in the future. If I need it that bad I'll buy it again. The peace of mind I get from having an uncluttered life far outweighs the idea that on a very rare occasion I *may* have to repurchase something in the future. Its not like I'm chucking Faberge eggs. Most things I toss are not that pricey should the *highly* unusual happen and I have to purchase them again. So don't let your thinking submarine you on that.

Have Used in Last  
12 MONTHS  
& 29 DAYS



Not Used in Last  
13 MONTHS

# The 3 Box Rule

You need 3 large sturdy boxes. Label one **Throw Away**, label the second box **Give Away** and label the third box **Put Away**.

Working on **one room at a time** place your boxes in the center of that room.

Begin in one spot and slowly work around the room tossing things in the appropriate boxes as you go. Remember the 13 Month Guideline.



**THROW AWAY BOX:** This box is for garbage and items that are no longer useable or worthwhile for anyone to use or keep.



**GIVE AWAY BOX:** Things that still have use but you don't need any more. Let someone else benefit from these items and take them to the thrift store.



**PUT AWAY BOX:** These are items that go in another room in your home.

## After Each Room...

Once you've completed a room you need to **IMMEDIATELY** deal with the 3 boxes you've been placing things into.

- Grab your Put Away Box and walk around the house placing everything you've gathered in the correct room.
- Next take your Throw Away Box and dump it in an outside trash can if at all possible. If you can't do that put the stuff in another box or large trash bag and close it till next trash day.
- Lastly, the Give Away Box items need to be likewise placed in another box or large bag that is closed and placed in your garage or car. Take those items to your local Thrift Store as soon as it's convenient for you.

***The important thing is get that stuff out of sight and out of your home quickly.***

Otherwise it's too tempting to pull things back out. Covering and sealing boxes and bags that have to hang around a bit helps a lot. Just tell yourself and others there is a rule that once a box or bag is sealed no one is allowed to open it!

After you've completed one room and appropriately handled your box items take a deep breath and see how good it feels! When you're done soaking in the moment grab your boxes and head for another room! Before you know it your whole house will be a more orderly, cleaner and a happier place to be.

*"Simplicity is not about deprivation. It's about creating space for living."*