



Declutter checklist

Congratulations! You've made the decision to simplify your life by decluttering. Here's a handy dandy checklist to keep you on task as you declutter and destress.

SIMPLIFY. DECLUTTER. MINIMIZE. DEJUNK.

- HAVE A PLAN**
Decide which room or space you're going to declutter and start there.
- START SMALL**
Take it room by room, one bite at a time.
- HAVE A MISSION**
Be committed 100 percent to the process.
- DONATE ITEMS**
Earmark a charitable or non-profit organization that will take your stuff. Trash & Stash can help deliver donations to the organization of your choice.
- KEEP IT LIGHT**
Don't over-stuff boxes, bags and bins. Keep them light enough to lift or to use a dolly/hand-trucks.
- CALL A PRO**
If you're stuck and don't know how to proceed, call a professional organizer or clutter expert. Search the National Association of Productivity and Organizing Professionals for a pro near you:
<https://pro.napo.net/>
- GATHER SUPPLIES**
Gloves, garbage bags, contractor bags, gallon zipper bags, boxes, bins, labels, markers, protective goggles, facemasks, dust rags, etc.
- HAUL IT**
Get this stuff off your property pronto, or all your work will be for naught.
- CALL US**
If you don't have a truck, van, or trailer, find a professional junk removal service, such as Trash & Stash. Give Trash & Stash a call at 855-52-TRASH or get an instant text quote by texting "JUNK QUOTE" to 803-720-2054.
- DON'T LOOK BACK**
Make a commitment to avoid clutter piling up again