

A HOW-TO GUIDE

Regain your calm Declutter and Organise your home



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INTRODUCTION

A little bit about me and The Calm Curator

The Calm Curator is my brainchild after spending over 20 years juggling jobs in marketing, events, project management, and making spaces look good. But it's more than just a career path; it's deeply personal.

I have been through some difficult times, losing my parents has been one of them. That experience made me really understand how overwhelming clutter can be. It's not just about physical mess; it messes with your mind too. So, I wanted to turn this insight into something positive.



I truly believe that a clutter-free home can be a catalyst for positive change, and I'm eager to help others find the peace and contentment that comes with simple living.

It's about progress, not perfection!

-Emily Griffiths

6 Steps to Declutter and Organise Your Home as a Busy Mom

Having an organised home is incredibly beneficial for a busy mom for several reasons:

1. **Reduced Stress:** An organised home promotes a sense of calm and reduces stress by eliminating clutter and chaos. With everything in its place, it's easier to find what you need when you need it, saving time and energy.
2. **Increased Efficiency:** Organisation streamlines daily routines, making tasks easier and more efficient to accomplish. This frees up valuable time for busy moms to focus on other priorities, such as spending quality time with family or pursuing personal interests.
3. **Improved Productivity:** With less time spent searching for misplaced items or dealing with clutter, busy moms can be more productive and accomplish more tasks throughout the day. An organised environment fosters a clear and focused mindset, enabling moms to tackle their to-do lists with ease.
4. **Enhanced Well-being:** A clutter-free and organised home creates a peaceful and harmonious environment that promotes overall well-being. It allows busy moms to recharge and relax in a space that feels inviting and comfortable, contributing to their mental and emotional health.

5. **Positive Role Modelling:** By maintaining an organised home, busy moms set a positive example for their children and teach them valuable life skills, such as responsibility, time management, and the importance of organisation. This fosters a sense of independence and self-discipline in children, benefiting them both now and in the future.

Overall, an organised home provides numerous benefits that can greatly support and enhance the busy mom's lifestyle, enabling her to navigate her responsibilities with greater ease and enjoyment.

Being a busy mom often means juggling multiple responsibilities, leaving little time for organising and decluttering your home. However, maintaining a clutter-free and organised space can reduce stress and create a more comfortable environment for you and your family. Follow these six simple steps to declutter and organise your home efficiently, even with a hectic schedule.

I believe you can do this, one step at a time.

STEP ONE

Set Clear Goals

Setting clear goals is the first step towards transforming your home into a clutter-free sanctuary that reflects your vision of peace and harmony. Take a moment to envision how you want each area of your home to look and feel. Maybe you dream of a serene bedroom where you can unwind after a long day or a functional kitchen where cooking is a joyous experience. By defining your goals, you create a roadmap for the decluttering and organising process, giving yourself direction and purpose.

With clear goals in mind, you'll find the motivation to overcome any obstacles that may arise along the way. Whether you're tackling a cluttered closet or a chaotic playroom, knowing the end result you're working towards will keep you focused and determined. Visualise the sense of accomplishment you'll feel when you achieve each goal, and let that drive you forward. Remember, every small step you take brings you closer to your vision of an organized home that supports your family's well-being.



TopTip:

Celebrate each milestone and achievement along your journey to a clutter-free and organised home.

Acknowledge the effort and dedication you've invested in transforming your living space and creating a sanctuary for yourself and your family.

STEP TWO:

Start Small



When faced with the daunting task of decluttering and organising your entire home, it's easy to feel overwhelmed. That's why starting small is essential to building momentum and gaining confidence in your abilities. Choose one small area to begin, whether it's a single drawer, a countertop, or even just a corner of a room. By breaking the process into manageable tasks, you'll prevent yourself from feeling discouraged and increase your chances of success.

Starting small also allows you to experience the immediate gratification of progress, fuelling your motivation to continue. As you witness the transformation of each small area into a clutter-free space, you'll be inspired to tackle larger challenges with enthusiasm and determination. Celebrate each victory along the way, no matter how small, and let them propel you forward on your journey to a more organised home. Remember, every small step you take brings you closer to your ultimate goal of creating a haven of peace and order for yourself and your family.



TopTip:

Take pride in the progress you've made, no matter how small, and savor the sense of accomplishment that comes with each decluttered space and organised area.

STEP THREE:

Declutter Ruthlessly

Embrace the power of ruthless decluttering as you sift through your belongings with a discerning eye. Let go of the items that no longer serve a purpose or bring joy into your life.

Release yourself from the burden of excess possessions and create space for what truly matters. With each item you part with, feel a sense of liberation and clarity as you pave the way for a simpler, more intentional lifestyle. Remember, the less you own, the less you have to manage and organise, freeing up time and energy for the things that truly matter.



TopTip:

Cultivate a mindful approach to consumption by thoughtfully considering the items you bring into your home.

Before making a purchase, ask yourself if the item aligns with your values and serves a genuine purpose in your life.

Resist the temptation of impulse buying and prioritise quality over quantity, investing in items that bring value and joy into your home.

STEP FOUR:

Create Organisational Systems

Transform chaos into order by implementing organisational systems tailored to your space and lifestyle. Invest in storage solutions that maximise efficiency and accessibility, making it easy to maintain a clutter-free environment.

Designate specific homes for items based on frequency of use and create a sense of harmony and flow within your space. By establishing clear organisational systems, you'll streamline your daily routines and empower yourself to stay organised effortlessly.

TopTip:

Streamline your daily routines to minimise clutter and maximise efficiency in your home. Embrace the power of simplicity by adopting time-saving strategies such as meal planning, establishing designated drop zones for keys and mail, and creating streamlined systems for household chores.



STEP FIVE:

Establish Daily Habits

Cultivate daily habits that support a clutter-free lifestyle and promote peace and tranquility within your home. Encourage your family members to take an active role in maintaining order by consistently tidying up after themselves and returning items to their designated places.

Embrace the power of small, daily actions to create lasting change and foster a sense of harmony within your household. With each mindful gesture, you'll contribute to the overall well-being of your home and create a space where everyone feels calm, centered, and supported.

TopTip:

By simplifying your daily routines, you'll reduce stress and free up precious time and energy to focus on the things that truly matter, whether it's spending quality time with your family or pursuing your passions and interests.

As you embrace simplicity, you'll discover a newfound sense of peace and balance in your daily life.



STEP SIX:

Schedule Regular Decluttering Sessions



Make decluttering a regular part of your routine by scheduling dedicated sessions to assess and purge unnecessary items. Set aside time each week or month to revisit areas of your home and re-evaluate your organizational systems.

Use these sessions not only to declutter but also to fine-tune your organisation methods, ensuring they continue to meet the evolving needs of your family.

By prioritising regular decluttering sessions, you'll prevent clutter from accumulating and maintain the sense of order and tranquility you've worked hard to achieve.

TopTip:

Transform decluttering and organising into a collaborative family effort by involving your loved ones in the process. Assign age-appropriate tasks to each family member and empower them to take ownership of their belongings. Instil in your children the importance of organisation and responsibility, laying the foundation for lifelong habits that promote a harmonious home environment.

By working together as a team, you'll not only lighten the load but also strengthen bonds and create cherished memories that will last a lifetime.

Final Thoughts

Overall, an organised home provides numerous benefits that can greatly support and enhance the busy mom's lifestyle, enabling her to navigate her day with greater ease and enjoyment.

You got this!

- Set a timer for 10 minutes each day to tackle a small decluttering task.
- Keep a donation box in a central location for easy decluttering on the go.
- Use baskets or bins for quick and easy toy storage solutions.
- Establish a designated spot for keys, wallets, and important documents to minimise clutter (dump zone, we all have one).
- Implement a "one in, one out" rule for clothes and toys to prevent accumulation.
- Invest in multi-purpose furniture with built-in storage to maximise space.
- Create a family command center with a calendar and to-do list to stay organised.
- Streamline meal planning with a weekly menu and grocery list.
- Take advantage of vertical space by installing shelves or hooks for additional storage.
- Schedule regular decluttering sessions to maintain a tidy home environment.

**If you think I can support you, please get in touch.
Visit the Calm Curator website**

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