

DECLUTTERING

With Ease



Presented by:
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Professional Organizer
Worth Organizing

Prepared for:
Summerville Family Health Team
Healthy Aging Series
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Introduction



- Owner/Operator of Worth Organizing
- Trained Professional Organizer
- Executive Member of Professional Organizers in Canada (POC) Halton-Peel chapter
- Member of the Education Committee, POC National
- Canadian Certified Rehabilitation Counsellor
- Ontario Certified Teacher
- B.A Psychology/Certificate in Rehabilitation Services
- Member of the Chamber of Commerce
- Member of the Rotary Club



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Agenda

- What is Clutter?
- Why Clutter Happens
- The Benefits of Decluttering and Organizing
- Steps to Decluttering
- Role of a Professional Organizer
- Q&A (throughout)



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What is Clutter?

- v. to fill or cover with scattered or disordered things that *impede movement* or *reduce effectiveness* <https://www.merriam-webster.com>
- n. a lot of things in an untidy state, especially things that are *not useful* or *necessary* <https://www.collinsdictionary.com>



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Why Clutter Happens



- Health issues
- Physical limitations
- Emotional attachment/ memories
- Life Transitions (e.g. birth, death, divorce, move)
- The purchase price of the item
- The perceived value of the item
- The nature of our job (e.g. teachers, contractors)
- Environmental consciousness
- Unable to find the items when needed
- Buying is easy! (e.g. Online, 'multiples' offers)



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Benefits of Decluttering and Organizing

- Save money
- Save time
- Avoid frustration
- Improved mental health
- Surround yourself with useful and meaningful belongings
- Personal health and safety
- Knowing that family members and friends or others will enjoy the items you no longer need/have space for
- A fresh start and more



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Decluttering: Before you Begin



- Identify the spaces that needs your attention
- Which space will be the most difficult for you to decide what to keep and what to let go of?
- Which space will be the easiest for you to make decisions?



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Decluttering: Where to Begin



1. Choose one space
2. What will this space be used for? What will belong in that space?
3. What already works well? What do you like/dislike about it?
4. Who will be using the space?



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Decluttering: The Nitty Gritty



5. Remove the items in the space
6. Sort through the items – donate, sell, keep, toss
7. Determine which of the items you are keeping will belong in this area
8. Return the items that belong in the space. Rehome those that do not.
5. Maintain the space



How a Professional Organizer can assist

- Partner with you to develop a plan of action to declutter the spaces in your home
- Work with you to reconfigure a space based on your needs and vision
- Assist with the decluttering process and work with you to find a new home for your belongings
- Remove donation items from your home
- Coordinate additional services such as junk removal, contact with auctioneers, consignment stores, and donation centres
- If you are moving, pack your belongings in an organized fashion after decluttering
- Unpack and organize your belongings in your new home/spaces
- Purchase organizing materials



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Before



After



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Before



After



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Before



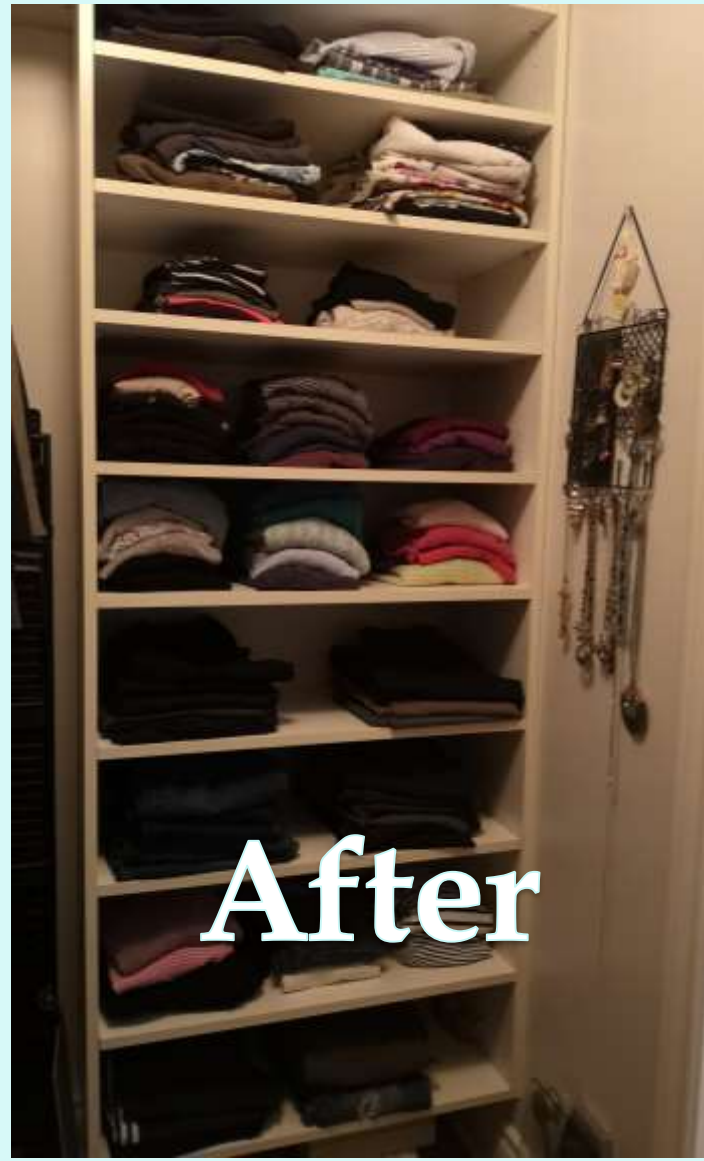
After



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Before



After



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Where can the belongings you are ready to part with go?



- Offer to family members or friends
- Donate to charitable organizations
- Schools, local organizations
- Sell/Consignment stores
- Museums
- Auction
- Online/in-person auction
- Online platforms



<https://www.vecteezy.com/free-vector/museum>>Museum Vectors by Vecteezy



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“ —

The first step in crafting
the life you want is to
get rid of everything you don't.

Joshua Beckett





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Free telephone consultation

Serving Erin-Hillsburgh, Caledon and surrounding regions

- A little resource to guide you in your decluttering journey:
[Declutter in 10 Steps](#)
- See Worthorganizing.ca website for more resources

Thank you for your time!

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