

Is it Just Too Much?

How can you go from being overwhelmed by your possessions to creating a home that reflects who you are and how you want to live? Start living simply with these tips from organizing guru Peter Walsh:

1. **Stop Shopping:** Until you have your possessions under control, don't buy anything that isn't consumable or essential.
2. **Return all items that aren't yours:** Return your girlfriend's maternity clothes, overdue library books and decorator's fabric swatches so you can focus on YOUR things.
3. **Touch each item only once:** Don't belabor or over-think decisions. You're not going to have any more information or insight the next time you encounter this item so don't waste time re-visiting it.
4. **Trash Bag Tango:** In ten minutes, you can easily fill a big bag. Decide if you're collecting trash or donations and fill'er up. A week of the tango can make a huge dent in your clutter.
5. **Five Minute Timer:** If filling a trash bag seems overwhelming, then set a time and commit to a five-minute purge. When the timer goes off, you're done for the day but odds are, you'll be energized to continue.
6. **One In- One Out:** When something new comes into your home (purchase or gift), some old, like-kind items must leave. This rule is particularly useful for clothing, books, magazines and toys.