Dana K. White: How to Declutter at the Speed of Life

with Dana K. White · Hosted by Kathi Burns, CPO®, Business FLOW Strategist

Dana K. White, author of Decluttering at the Speed of Life and creator of A Slob Comes Clean, started a secret blog in 2009 because she was overwhelmed by her own home.

- [ ] Declutter first; save organizing for after you have less stuff.
- [ ] Pick one container and put your favorite items in it first.
- [ ] When the container is full, let go of whatever doesn't fit.
- [ ] Don't buy new containers until you know what limit they need to set.
- [ ] Notice your own clutter threshold and keep only what you can manage.
- [ ] Before buying something just in case, ask whether you could make do without it.
- [ ] Deal with each item as you find it: trash bag, donate box or its home, right away.
- [ ] Find a few people in your field to share ideas and lessons with instead of treating them as competition.
- [ ] Write down a struggle you've worked through and how it could help your clients.
- [ ] Download Dana's free Five Steps printable at aslobcomesclean.com/five.

Listen, read the transcript and get the links: addspacetoyourlife.com/podcast/decluttering-when-overwhelmed-dana-k-white/
Feeling stuck in your business? Book a private 75-minute Business Logjam Session with Kathi
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