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THE JOFLESS

A Minimalist Guide to Declutter, Organize, and Simplify

> FRANCINE JAY, Miss Minimalist

Are you constantly overwhelmed by all the things in your home that you just can't organize? Do you want there to be a better way to organize and Simplify" will teach you how to adopt a new minimalism mindset that you can apply your home - and your overcapped cabinet. So, get ready to learn how to live your life simpler and with more joy! Adopting minimalist mindset Before you start throwing your things into piles, you should first learn to think differently and change your attitude about disorder. By doing this, you will learn to change your relationship with your things, so you can get rid of what you no longer need and bring no other item. Jay says you should learn: "Our material exists to serve us, not the opposite." First, learn to "see your things, but most can be divided into three categories: useful, beautiful and emotional. Useful things are those we use in daily life, such as items used to feed, dress and shelter us, followed by other useful items for comfort, such as beds, plates and cutlery, tools, furniture, etc. Think about it this way: "Anything you use often, and that really adds value to your life, is a welcome part of a minimalist house." But remember, these items should be things you really use! Beautiful things, on the other hand, are not necessary for survival, but are pleasant to look, like art. But, they must have a "prominent place" in your home and be things you still like. Finally, emotional things are those that "remember people, places and events that are of particular importance to usSimilar to beautiful things, just keep these items if they still "find your heart heart rolav, oxil moc ecemoc :sele of ÅS .of ÅÅ Azimito ed otiecnoc o meµÅpmoc euq sarger 01 sa rednerpa ©Å, ogepased e omsilaminim ed osnes mu ratoda ed sioped ,adanroj atsen ossap omix³Årp o razimito a adnerpA .airgela siam ed aiehc ,selpmis siam adiv amu reviv ed ohnimac a ¡Åratse of Åasnes amu ratoda ed sioped .acifngiS sasioc saus ed otnemacatsed ed of ÅÅasnes amu ratoda lic;Åf siam ¡Åracif - adiv aus reviv arap edadrebil siam acifingiS sasioc sonem euq ed aiedi a ra§Åarba ed siopeD .etneserp on etnematelpmoc siam reviv etimrep son etnemlaer ossi rezaf - osac o ©Å of Ån esse sam ,somsem s³Ån ed setrap arof odnagoj somatse euq recerap edop sneti sessed es- rarviL .soim^aÅrp omoc ,seµÅ§Åazilaer sasson metelfer euq odassap osson od sneti soa acilpa es omsem O .somrasu sa acnun es etnemlaicepse ,sale arap sairjÅssecen sasioc sa euq od setnatropmi siam of Ås saicn^aÅirepxe sA â.ri sal- ¡Åxied ed aroh ajes zevlat ,adnia sassemorp saus marirpmuc of År sasioc sasse esâ ,otnatroP .somos meuq ¡Aradum sasioc sassed amuhnen euq oralc ©A saM .sapuor sasson e somehcne so siauq so moc sneti so e sasac sasson e somehcne so siauq so moc sneti so e sasac sasson e somehcne so siauq so moc sneti so e sasac sasson e somehcne so siauq so moc sneti so e sasac sasson e somehcne so siauq so moc sneti so e sasac sasson e somehcne so siauq so moc sneti so e sasac sasson e somehcne so siauq so moc sneti so e sasac sasson e somehcne so siauq so moc sneti so e sasac sasson e somehcne so siauq so moc sneti so e sasac sasson e somehcne so siauq so moc sneti so e sasac sasson e somehcne so siauq so moc sneti so e sasac sasson e somehcne so siauq so moc sneti so e sasac sasson e somehcne so siauq so moc sneti so e sasac sasson e somehcne so siauq so moc sneti so e sasac sasson e somehcne so siauq so moc sneti so e sasac sasson e somehcne so siauq so moc sneti so e sasac sasson e somehcne so siauq so moc sneti so e sasac sasson e somehcne so siauq so moc sneti so e sasac sasson e somehcne so siauq so moc sneti so e sasac sasson e somehcne so sasac sasson e somehcne so sasac sasson e somehcne so siauq so moc sneti so e sasac sasson e somehcne so sas e somehcne so s atrec amu ratejorPâ arap sasioc satrec somarpmoc etnemetneuqerf, olpmexe roP .ovissecxe omusnoc a sodavitnecni somos etnemlareg sasioc sasson euqrop, oralc ©Ã varta e - sedaditnedi sasson moc sada§ãalertne metnes es etnemlareg sasioc sasson euqrop , oralc ©Ã varta e - sedaditnedi sasson moc sada§ãalertne metnes es etnemlareg , edadicilbup ad s©Ãuarta e - sedaditnedi sasson moc sada§ãalertne metnes es etnemlareg sasioc sasson euqrop , oralc ©Ã varta e - sedaditnedi sasson moc sada§ãalertne metnes es etnemlareg sasioc sasson euqrop , oralc satrec somarpmoc etnemetneuqerf , olpmexe roP .ovissecxe omusnoc a sodavitnecni somos etnemlareg sasioc sasson euqrop , oralc satrec razilanretni eved aÃcov ,adiuges mE .arof ¡Ãragoj uo ¡Ãretnam aÃcov euq od ai©Ãdi amu ret ed mif a ,sasioc sairp arap sairogetac sasse esU .arof arap essagoj es lam airitnes es uogertne o meuq euqrop o£Ãn ,airgelA Clear Module Limits If one goes in, one goes out Tracks down maintenance every day These steps can be divided in the middle. The first five steps will help you in the process of decluttering and organizing your things. For every part of the house you are working in, like your bedroom or closet, approach it with a clean slate mindset, or Start over. Then start going through the items and sort them into piles: things to throw out (Trash), the useful, beautiful, or emotional (Trasure), and things to give you no more joy and are just occupying space (Transfer). Ask yourself, what is the reason to keep every item you will sort them more into piles: the inner and outer circles, and deep storage. The inner circle are items you use very often, stored in easily reachable places, and the exteriors are those you don't need so often, and can be stored cabinets or cabinets. Deep storage can be in an attic, basement or garage: Everything in its place. Then, aim to keep all tables, etc. as clean as possible in order to minimize distractions: All clean surfaces. These five steps will not only help you make your initial cleaning of all items in your home, but prepare it to keep your newly declined home going forward. The next five steps will help you approach new items you acquire in the future. First, learn to group similar items in clearly labeled and accessible places, so you know where to find them when you need them, and throw out any unnecessary items: Modules. This will help you limit your items further. Learn how to actively limit the items you add to these groups. Then at any time you get something new ifFrom the old version of the item: If someone comes in, one leaves. So, learn how to get your use of your items as possible: Stop. Finally, adopt all these minimalist strategies in their life so that your home will never become disordered; Daily maintenance. STRUCTURE Eech area of your home After learning and understanding the importance of minimalism and STREAMLINE-ing, you are now ready to face every part of your home with these steps in mind. Use each of the 10 steps in each part of each point of a each part of each point afraid to be creative with spare items or move them to different areas of your home. Starting with your living room or family, rate how disordered it is and how much space is available. It is likely that you have many things on the floors and surfaces, but it is important to declutter these areas as much as possible to maximize this space needed to spend time with family and friends. Look at the items you have and decide that make the most sense for your life. Then group different items into Modules for your various activities, which will make the preparation and cleaning time much easier. Keeping clear surfaces will make the activities more enjoyable, fun and safe. Do the same with your room, another commonly used space. This room should be as peaceful as possible to encourage good sleep. Focus on just keeping items that are for useful or beauty purposes, such as clothing. Some items, again based on what works best for you. After that, you will want to face your wardrobe or closet, which is probably one of the most time-consuming but important tasks. Throw out or give what is old, spotted or no longer fits, keeping what reflects who you are now and what you need for certain activities. Going forward, whenever you buy new clothes, make sure to throw out the oldest items to avoid more disorder. In your kitchen, start with yourand pantry. Play anything old or expired, and keep any tools in Also get rid of or give extras of anything, or items you rarely use. This is a particularly large opportunity to be charitable, giving no perennious, such as canned products, or giving someone a device that they could use more often than you. Similarly, in your bathroom, it strengthens your items to the most essential hygiene products that can be used for Varius Purposes also are very much to keep the disorder to a mother. I hope you get the idea now. Apply the Streamline Principles to any area of your home that can use decluttering and simplify, such as a domain writing or any other storage space you may have. Decline your life perhaps the most pleasant part about the worship of a minimalism mindset and learning streammline is learning how to apply it to all aspects of your life. Once you have learned the declutter your home, it is important that your Famãia also gets involved. Just as you are learning that your children, to adopt this mindset as well. Model this to them keeping their home as decluttered possible. This is a healthy attitude to teach your children at a young age. Streamline -NGO Your home can also be a great family ligament activity - to mention that you will save time and make all you feel done. Become a hood to regularly get rid of the things you do not need more. Spending just a few minutes doing this every day will save long in the long run. Your house will get better, and you will feel better, too. Go through all these steps and adopt this new way of thinking is without very much but it will be worth the time and effort placed, as you will be able to live with more joy and simplicity than you have ever done before. 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