

A Guide to Decluttering *Before You Move*



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Let's face it, moving can be overwhelming. But with this handy checklist, you'll be tackling clutter like a pro and setting yourself up for an easier, more organized move.

Here's why this guide is a game-changer:

- It helps you start small and build momentum. No need to panic about your entire house—just begin with a single drawer!
- You'll learn to categorize your items effectively, making tough decisions a breeze
- It teaches you to ask the right questions about your belongings, ensuring you only take what truly matters
- The guide introduces the brilliant "one in, one out" rule to keep your new space clutter-free from day one
- It even covers digital decluttering—because who needs virtual clutter in their new home?

By following this guide, you'll not only make your move easier but also create a fresh, organized start in your new place. Imagine unpacking boxes filled only with items you love and use—that's the power of decluttering before you move!



Ready to transform your moving experience? Grab this guide and get started today! And remember, if you need any help with your move or have questions along the way, the friendly folks at **Brooks Moving and Hauling** are just a call away. They're experts at making relocations smooth and stress-free.

Don't let clutter hold you back from your fresh start. Take action now, and get ready for the easiest, most organized move of your life!

1. CLARIFY YOUR GOALS

Set Intentions: Decide if your goal is to create more space, reduce stress, or streamline your possessions. A clear intention will keep you focused.

2. START SMALL

Manageable Areas: Begin with a small, manageable area like a single drawer or shelf. This prevents feeling overwhelmed and lets you see progress quickly.

3. CATEGORIZE ITEMS

Divide and Conquer: Sort items into categories: Keep, Donate/Sell, and Discard. Be honest about what you truly need and love. Ask if each item enhances your life or just takes up space.

4. EVALUATE EACH ITEM

Ask Key Questions: When deciding on an item, ask yourself:

- ☐ Have I used it in the last year?
- ☐ Is it still in good condition?
- ☐ Does it hold sentimental value or serve a practical purpose?

5. MAINTAIN BALANCE

One In, One Out: For each new item you bring into your home, commit to removing one existing item. This helps maintain a balanced and clutter-free environment.

6. FOCUS STRATEGICALLY

Targeted Decluttering: Move from small areas to larger spaces, focusing on specific categories like clothing, books, kitchenware, and sentimental items. This prevents scattering your efforts.

7. BE SELECTIVE AND COMPASSIONATE

Let Go Gracefully: Be selective but compassionate. Letting go of items that no longer serve you can be liberating. Remember, you're making room for new experiences.



8. ASSIGN SPECIFIC SPOTS

Organize Efficiently: Assign a specific spot for each type of item. This reduces the likelihood of clutter accumulating in the future.

9. DECLUTTER DIGITALLY

Extend to Digital Spaces: Organize files, delete unused apps, and unsubscribe from newsletters you no longer read.

10. ACT PROMPTLY

Deal with Items Quickly: Items set aside for donation or disposal should be dealt with promptly. Avoid second-guessing your decisions.

11. REGULAR REASSESSMENT

Prevent Re-Accumulation: Regularly reassess your belongings to prevent clutter from accumulating again. Every few months, revisit your possessions to ensure they still align with your goals.

12. CELEBRATE ACHIEVEMENTS

Acknowledge Progress: Celebrate your achievements along the way. The sense of accomplishment will motivate you to continue decluttering.



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