

# HOW TO MAKE DECLUTTERING FUN, SO THE WHOLE FAMILY WINS!

The journey to a clutter-free life is a lot smoother when the people in your house support your efforts. But nobody wants to live in a house run by a decluttering dictator – that’s the fastest way to rebellion and sabotage. The secret to getting your family on board is to make the practice of decluttering fun.

There are two easy things you can do to change your family’s perspective on the task of turning your home into a haven everyone can enjoy. The first is to choose your words carefully and the second is to make a game out of your decluttering routines.

## Three Things You NEVER Say If You Want Your Family Clutter Free

1

**You have too much stuff – we need to get rid of it!**

Unless on a diet, no human wants to lose anything. When you’re ready to declutter a space, don’t focus on what to toss. Instead, focus on what to keep. Whether it’s 15 items or any number of items in 15 minutes, zeroing in on the good stuff you’re keeping is the best way to ease the sense of loss when you toss what’s left.

2

**That’s not worth keeping!**

We don’t get to label clutter for others. When we do, we instantly put them on the defensive and they become more attached to the item. Instead, agree upon space. Give everyone a designated space for their stuff and let them decide for themselves what does and doesn’t earn its right to be there.

3

**Nobody gets to \_\_\_\_\_ until this place is cleaned up!**

When you issue threats and ultimatums around decluttering, you turn everyone off. It feels like punishment and deprivation. A better approach is to plan and issue rewards along the way. Set the timer for 15 minutes to declutter and when that’s up, everyone gets 15 minutes to do something they love before trying for another round. Or issue a reward when the family has flung 500 items. Before you know it, everyone will want to do their part.

# Three Games to Play to Make Decluttering Fun for the Whole Family



## Clutter Free King/Queen

Use a tracking sheet with squares. Each square represents 1 item. Give each family member a marker of a different color and agree upon a time limit (7 to 30 days is ideal). During the time allowed, every member is on a race to either throw away or donate as many of their personal possessions as possible. At the end of the contest period, the person with the most squares in their color wins.



## Trash Dash

Assign each person to a space with a trash bag. Set a timer for 5 minutes. When the timer begins, each player is on a race to fill their bag with as many clutter items as possible. When time is called, the player with the most trashed clutter wins.



## Fashion Fling

Every person gets 15 minutes in their closet to make a pile of clothing that doesn't fit, has obvious signs of wear or is in need of repair. The person with the most items in their pile wins. At the end of the challenge, bag up everything to donate to charity or to throw away.

For more helpful tips and discussion, join the  
**Clutter Free Academy Facebook Group**  
**@ClutterFreeAcademy**