

HOW TO DECLUTTER *in your 60s*

♥ SIMPLE STEPS FOR A HOME THAT SUPPORTS THE LIFE YOU LOVE ♥

1



START WITH A PLAN

- Choose one small area to begin.
- Set a realistic goal (15–30 minutes is a great start).
- Gather supplies: boxes or bags, labels, and a trash bag.
- Keep a positive mindset—progress, not perfection!

REFLECTION

Why do I want to declutter?

2



USE THE FOUR-BOX METHOD

Sort items into four simple categories:

- KEEP – I use it and love it.
- DONATE – Someone else can use it.
- PASS ON – For family or friends.
- LET GO – Broken, expired, or unusable.

3



FOCUS ON WHAT MATTERS

- Keep what adds value, brings you joy, or serves a purpose.
- Be thoughtful with sentimental items—less is okay.
- Honor memories, but don't feel obligated to keep everything.

Gentle Reminder

Letting go isn't
losing something
precious—
it's making room
for what truly
matters now.

4



WORK IN SMALL SESSIONS

- Short, consistent sessions are easier and more effective.
- Take breaks and celebrate your progress.
- It's okay to take your time.

5



CREATE EASY-TO-MAINTAIN SPACES

- Keep frequently used items within easy reach.
- Use simple storage that works for you.
- Clear surfaces create calm and reduce stress.

TODAY I WILL:

- Choose one area
- Sort and decide
- Let go of what I no longer need
- Celebrate progress!

6



THINK ABOUT YOUR FUTURE

- Consider what will be easiest to maintain down the road.
- Let go of excess to create freedom and flexibility.
- Your home should support the life you want to live.

7



MAINTAIN & ENJOY

- Do a little each day or week to stay on track.
- Revisit items occasionally—your needs may change.
- Enjoy the peace and pride of a clutter-free home!

SCRIPTURE INSPIRATION

“Commit to the Lord whatever
you do, and he will establish
your plans.”

PROVERBS 16:3

♥ LESS STUFF. MORE LIFE. ♥

A clutter-free home makes room for
what truly matters—relationships,
memories, and the life you love.

I AM THANKFUL FOR: ♥

