

# International Declutter Day

Saturday 22nd Sept 2018

Declutter Therapy ™  
LETITGO



## International Declutter Day, Saturday 22<sup>nd</sup> September 2018

We are so delighted that you are taking part in International Declutter Day, Saturday 22<sup>nd</sup> September 2018! This positive yearly event encourages people around the world to:

1. Declutter to feel good
2. Donate, give, reuse or recycle

### EVENT OVERVIEW

Originally founded as Ireland's National Declutter Day in 2011 by leading decluttering expert, author and trainer Breda Stack of [DeclutterTherapy.com](http://DeclutterTherapy.com), International Declutter Day champions the therapeutic nature of decluttering and highlights the win-win nature of decluttering for individuals, families, communities, charities, organisations and the environment.

You can get involved in International Declutter Day 2018 as either an individual or as an event ambassador to encourage your community members to donate their unwanted items to help your good cause, charity, team, association or organisation.

Find out full details of the event ethos and history, the battle between minimalism and sentiment, creating a happy, healthy approach to decluttering, how to achieve long-term decluttering success and the biggest decluttering obstacles that keep so many of us stuck, and also learn about how event founder Breda can help you with your personal or professional decluttering on the official International Declutter Day website [www.internationaldeclutterday.com](http://www.internationaldeclutterday.com).

### HOW TO GET INVOLVED AS AN INDIVIDUAL

Get involved in International Declutter Day as an individual or with your loved ones by decluttering on or around Saturday 22<sup>nd</sup> of September 2018 your wardrobe (closet!) or any part of your home or workspace and donating, giving, reusing or recycling your unwanted items as you wish and supporting your favourite good cause. Always check in advance which items can be accepted by the recipient.



## TOP TIPS FOR YOUR INDIVIDUAL DECLUTTERING FOR INTERNATIONAL DECLUTTER DAY 2018

1. **Be strategic.** Decluttering is a physical task that can take time and energy. Plan tasks in simple, meaningful, realistic time-based chunks.
2. **Get informed.** Learn about your unique body shape, colouring, signature style and lifestyle requirements so you can make the right decluttering decisions.
3. **Be patient.** Your clutter may have taken years or even decades to gather so it may take some time to work through. Stick with it.
4. **Enjoy.** You can't expect to get good end results if you're not having fun. Those who positively embrace the decluttering experience reap the greatest rewards.
5. **Visualise.** Keep picturing and "feeling" your desired outcome to ensure you stay focused and motivated throughout the process.
6. **Commit.** Decide with meaning where your unwanted items are going in advance and pass on the items as soon as you've finished your decluttering.

## THANK YOU

Thank you so much for getting involved in this positive global event and we sincerely hope your decluttering makes you feel good in so many ways in all area of your life and that you also really enjoy donating, giving, reusing or recycling your unwanted items to help others!

We'd love to hear your positive decluttering stories inspired by International Declutter Day so please connect with us by email at [events@decluttertherapy.com](mailto:events@decluttertherapy.com).