

---

# RECLUTTERING CHECKLIST

---

## Some simple strategies to prevent recluttering

- 1) **Avoid;** Do not go to danger zones. Stay away from charity shops, car boot sales, junk shops and book shops.
- 2) **Damage limitation;** Have an allowance, let yourself spend £x a week on something you don't need, no more.
- 3) **One in one out;** If you get a new book, get rid of an old one.
- 4) **5 Things;** Keep on top of it all by just ditching 5 things every now and then. It will make a difference.
- 5) **Lists;** Write a shopping list and stick to it, even if staplers are reduced to 20p you really do not need more than one in your life.
- 6) **Buy Nothing;** Once a week have a buy nothing day. You can plan around it.
- 7) **Leave it behind;** Don't leave the house with any money unless you know you really need something.
- 8) **Take a friend;** And get them to police your recluttering.

**If all this fails ask yourself the following questions when tempted:**

- Will I really use it?
- Does it fit me?
- Does it need fixing?
- Do I love it?
- Does it make me feel amazing?
- Do I only want it because it is a bargain?
- Have I already got one?
- How long did it take me to earn the money to pay for it?

---

Have nothing in your house that you do not know to be useful, or believe to be beautiful.

William Morris.

less  
stuff  
[www.less-stuff.co.uk](http://www.less-stuff.co.uk)