



# Practical Ways To Declutter And Optimise Your Living Spaces

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## Abstract

A well organised living space can significantly enhance comfort, productivity, and mental clarity. This article explores practical strategies for decluttering and optimising various areas of the home, from common living spaces to often overlooked areas like kitchens and garages. Drawing on expert advice, government guidelines, and lifestyle resources, it highlights room by room approaches, small step methods like the 10 10 technique, and simple hygiene practices that maintain order. Readers will also find inspiration through recommended resources and tips for creating functional, healthy, and aesthetically pleasing spaces. By applying these strategies, homeowners can transform cluttered areas into organised, stress free environments that support daily life and wellbeing.

## Getting Started

Before diving into decluttering, begin by assessing your living spaces and identifying areas that require immediate attention. Start with one room or zone to avoid feeling overwhelmed, and set realistic goals for what you want to achieve. Gather basic tools such as storage bins, cleaning supplies, and labels to make organising easier. Keep a plan for items to donate, recycle, or discard. Establishing a clear starting point and following a structured plan ensures the process is manageable and effective, making the journey toward an organised home achievable and rewarding.

## How to Declutter Your Home: 6 Best Room-by-Room Methods





Decluttering your home can feel manageable by starting with small, focused steps. Tackle the task in stages, concentrating on one area at a time using a decluttering checklist. Begin with the spaces that need it most, working room by room or section by section, such as focusing on kitchen cabinets first.

This method ensures each area is thoroughly organized before moving on, making the process more effective and less overwhelming.

### **Benefits of Decluttering Your Space**

There are numerous benefits to making your space as free of clutter as possible.

- You will have less "stuff" to clean and organize and it won't feel overwhelming.
- It will reduce the stress and anxiety a messy and crowded space may cause.
- Finding items when you need them will be easier and take less time.
- A de-cluttered space enables one to focus more and stay on task.

### **Tips for Decluttering Your Home**



Use Containers to Sort Items. Before you start to declutter your home, have containers defined for the following purposes to sort items:

- Put away: Items that have crept out of their designated storage spaces.
- Fix/mend: Items that need something before they're put away, such as a shirt with a missing button.

- **Recycle:** Items that consist of recyclable materials.
- **Trash:** Items to throw away in the household trash.
- **Donate Unwanted items** that are still in good condition can be donated to a charitable organization or another person.

### **Keep These Decluttering Rules in Mind**

- **12/12/12 Rule:** Locate 12 items to throw away, 12 to donate, and 12 to be returned to their proper home.
- **20/20 Rule:** Get rid of items you can replace for \$20 and under 20 minutes.
- **80/20 Rule:** According to this rule, we use 20 percent of our belongings 80 percent of the time. Either get rid of or store away the 80 percent you don't use regularly.
- **Five-Second Rule:** Sort through items and give yourself five seconds to remember the last time the item you're holding was used. If you can't remember within five seconds, it's time to get rid of it.
- **Rule of Five:** This rule is the five-year rule. When decluttering and deciding on an item, assess items not used in five years and consider removing them.

### **Creating a Decluttering Timeline**

If you don't have a lot of stuff, you may be able to declutter your house in a day, a weekend, or use a longer 30-day timeline. Keep your goals realistic and attainable to avoid feeling overwhelmed. Break down the spaces you need to declutter and estimate how long each will take, giving yourself buffer time in case something doesn't go as planned.



Start by cleaning before you declutter, so your everyday items are tidy and out of the way. Consider starting in a space with only a small amount of clutter, so you can get it done quickly and feel like you've made progress on your overall decluttering schedule to stay motivated.

## **How to Declutter Your Space, Room by Room**

### **The Bathroom**



- **Medicine cabinet:** Take everything out, and discard outdated medications, makeup, and skincare products. Put everything you're keeping immediately back into the cabinet, storing the items you use most often at eye level.
- **Cabinet drawers:** Remove everything, and quickly evaluate what you're keeping and tossing. Put the items you're keeping back into their drawers, with the items you use most often in the top drawers.
- **Shower, tub, and bathroom sink:** Pull everything out from these areas and declutter the items there.
- **Lastly,** everything that did not have a home can be quickly sorted into the bins you have staged for the purpose.

### **The Bedroom**



First, make your bed. It's hard to feel any progress decluttering a bedroom while an unmade bed stares you in the face.

- **Nightstands:** Remove anything on them that doesn't belong there, and add it to your put-away bin. This may include books you've already finished reading, pens, paper, and mail. Throw out or recycle anything you no longer use, such as empty tissue boxes, pens that have gone dry, or chargers that no longer work.
- **Tops of your dressers, chests, and bureaus:** Pay careful attention to any strewn clothing. Anything that needs folding or hanging goes into the put-away bin. If you're afraid it may wrinkle further, you can lay clothes on your bed.
- **Drawers:** Take everything out. Pull out anything no longer worn, and put it in your donation bin. Fold and store the clothing you're keeping.
- **Desk or vanity table:** Resist the urge to shove things back into drawers; instead, put them in your put-away bin. Toss garbage or recycle anything you haven't used in six months.

Return items to their proper places. Fold, hang, and store any clothing. If you're now eyeing your closet, we'll tackle that next.

### **Closet and Clothing**





OK, deep breath. It's time to declutter your closet. The easiest way to tackle a closet is to declutter your clothing by type. It's much easier to decide whether to toss or keep a pair of jeans if you're looking at your entire jeans collection at once. So start pulling out different types of clothing, and choose what you'll toss and keep.

Once you've gone through each type of clothing, you will have four piles to deal with:

- Organize: Put away anything that was in the wrong spot for example, if you had a pair of socks in your closet, put them in your dresser.
- Launder: Put dirty laundry into the hamper, or bring it to the laundry room.
- Repair: Anything that needs to be repaired from holes, tears, or missing buttons should go to the tailor or dry cleaner.
- Donate: To eliminate clothes, take them to a donation center or consignment store.

### **The Entryway, Mudroom, and Foyer**



You may not have a traditional mudroom or foyer, but you likely have an entryway. No matter its size, the best way to make an entryway most functional is to declutter it regularly.

- Desk, console, or side tables: Go through each drawer, remove the contents, and decide to toss or keep each item. Go over the tops of each desk or console as well. Do you have a space for your keys and other important items? Make sure everything is accessible and not too crowded. This makes it easier to leave the house each morning with what you need.
- Hall closet: Declutter it like any other closet: Start with shoes, boots, and jackets, followed by accessories.

The entry is another area that picks up a lot of clutter from other rooms. Spend time putting away things from other rooms that have made their way to the entry.

### **The Kitchen**





Keeping your kitchen clutter-free can be challenging because different activities occur there—cooking, eating, and socializing, especially if your kitchen is on the smaller side. As a result, the kitchen has numerous types of items stored in it.

### **Tip**

You can choose to declutter your kitchen by focusing on one category of item at a time (cutting boards, glassware, utensils, or bakeware, for example) or going through each part of the kitchen zone by zone.

- **Pantry, cabinets, and drawers:** The first step is to empty each space, assess each item, and put everything back where it belongs. Start with your powerhouse storage spaces, such as the pantry and upper cabinets. Then move onto the lower cabinets, drawers, and the space under the kitchen sink.

### **The Living Room**



The living room is one of the hardest rooms in your home to keep neat daily. That's because it gets a lot of use, and living rooms don't usually offer many storage features. You may have some bookcases and a TV console, but they don't hide much. The key is to:

- Decide on permanent storage spaces for commonly used items, such as remote controls, magazines, and books.
- Declutter this space regularly.

**Large furniture:** Start with bookcases, consoles, and side tables. Then move on to your coffee table and entertainment center. Empty them, assess the items they store, and then return them to their proper storage spaces. Put books away, reduce paper clutter, or return remote controls to their proper place.

**Electronics:** Remove everything not connected to your television or home theater system. Are you using it? Does it work? Store items such as chargers and gaming equipment where you use them.

**Toys:** Assess every toy for wear and tear. Does it still function? Do your kids still play with it? Recycle or store each toy.

Grab your put-away bin, and return everything that belongs in another room to its proper storage space.

### Where to Dispose of Clutter

- For the items you aren't keeping when you declutter your home, you have some options for disposing of them.

Donate: Giving clothes and gently used items to charities and local goodwill organizations is a great way to help others in need while removing your own clutter. If you plan to give away certain items to friends and family, start bins for each person.

- Sell: Besides a donation bin, you also might want to start a collection of items to sell in a garage sale or online in respected marketplaces.
- Recycle: Know your local recycling guidelines, because items such as electronics often can't go in regular recycling. Keep a separate bin for those items to bring them to an appropriate recycling center.
- Trash: If you know you're undertaking a major decluttering project, you might want to rent a dumpster in advance for unusable or extra large items that must be thrown away.

### Space saving solutions: How to organise your kitchen like a pro





There's no doubt that we've all been guilty of turning a blind eye to a less than pleasing fridge or pantry.

What if we told you that you could say goodbye to the cluttered chaos? Yes, it's true. You can indeed banish the chaos in your kitchen with some simple, smart organisation and kitchen storage solutions that will not only look great, but will save food wastage, money and time.

The kitchen organisation products we're loving in 2024

To keep your space in order, here are our recommended kitchen storage solutions.

Ultra clear oval set, \$175 at Tupperware

These gorgeous clear containers look like glass but are shatter-resistant, perfect for keeping your pantry looking tidy. Not only are they long lasting, but they also help preserve your pantry staples for longer.



“I really love the look and design on these containers,” wrote a reviewer who left five stars. “As always they seal very well. The larger container is bigger than I was expecting, it’s been a bonus. We use them as the biscuit and snack containers.”

Key features:

- Airtight seal maintains freshness and keeps humidity, dust and bugs outside
- Stackable for maximising kitchen space
- Customisable to your storage needs
- Completely transparent and looks aesthetically pleasing on any countertop
- Incredibly resistant and durable (virtually unbreakable)



Surface tiered stainless steel utensil pot, \$35.97 (usually \$59.95) at Myer

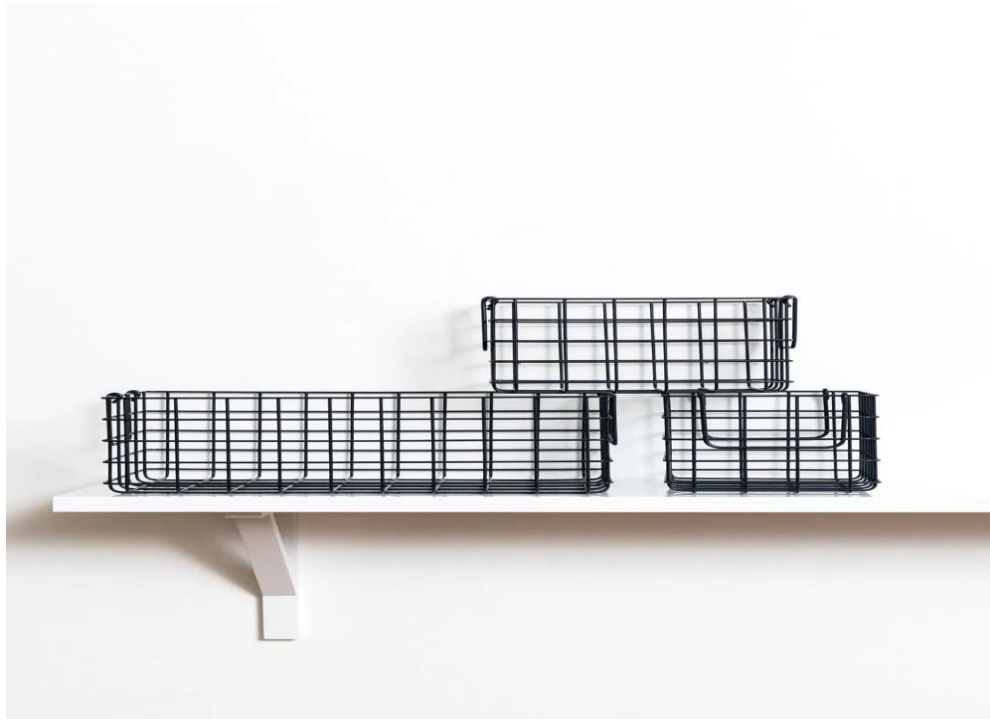
Tired of rummaging through a messy drawer for your favourite spatula? Joseph Joseph’s stainless steel pot features a sleek, angled design with dividers, keeping your utensils neatly separated and readily accessible.

Key features:

- High capacity for storing all types of utensils
- Tough stainless-steel body with fingerprint-proof coating
- Angled top for easier access and dividers for organised storage
- Non-slip feet
- Dismantles for easy cleaning

Also available at:

- \$39.95 (usually \$59.95) at Kitchen Warehouse
- \$46.71 (usually \$59.95) at Amazon
- \$59.95 at Joseph Joseph



The Baskets, \$69 at Mustard Made

These super-cute storage baskets come in a trio of three different sizes, and are available in 12 different colours.

Colours: blush, berry, poppy, mustard, butter, sage, olive, navy, ocean, lilac, chalk and slate.

Key features:

- Designed to fit beautifully in your space



- Great for maximising storage space
- Easy to build



365+ IHÄRDIG spice mil, \$34.69 at Amazon

Love the idea of matching spice jars? Of course you do! Complete with their own sprinkling/pouring lid, these are the perfect pantry organisers.

“We bought our first one years ago in IKEA,” wrote a five-star reviewer “When it broke ( it was dropped!) we tried a few other that were awful and didn’t grind properly, so you had big lumps of salt on your dinner. We found the exact one here and quickly bought it! It arrived the next day and is as perfect as the original one. So happy we found it here...”

Key features:

- Ceramic grinding mechanism is harder and more durable than steel grinders
- The glass jar and the detachable plastic cover are dishwasher-safe
- Easy to change spices



Joseph Joseph FridgeStore clear shelf divider, \$13.99 (usually \$19.95) at Robins Kitchen

Does your fridge resemble a chaotic avalanche of groceries? Regain control with the FridgeStore shelf divider from Joseph Joseph! This handy divider helps you effortlessly organise your fridge shelves, making it easier to find what you need and prevent food waste.

Key features:

- Divides shelf space for better organisation
- Easy to install and safely secured with suction cups
- Designed to fit standard fridge shelves
- Easy to remove and clean BPA-free

Also available at:

- \$13.97 (usually \$19.95) at Amazon
- \$13.99 (usually \$19.95) at MyHouse
- \$23.49 at Brosa
- \$13.97 (usually \$19.95) at Joseph Joseph



Wuciray kitchen storage & organisation under sink storage, \$23.79 (usually \$39.99) at Amazon

Tired of overflowing cabinets and messy under-sink areas? The Wuciray two-tier storage shelf is your one-stop solution for maximising space and keeping things organised.

“I think this a great storage system for the loads of cleaning items I have accumulated over the years,” wrote a five-star reviewer. “I don’t need to purchase anymore because they’re all organised and I can easily access them! The storage system comes in pieces – it’s simple to put together and rather stable.”

Key features:

- Two-tier design for maximised storage space
- Multi-Functional: Can be used in kitchen, bathroom, or under sink
- Durable construction
- Two cups and four hanging hooks for extra storage
- Hollow design for drainage and air drying

**How do you keep your kitchen organised?**





You'd be surprised how many cooking utensils you don't actually need or use. Steph advises culling unwanted items and buying a cheap drawer organiser or drawer dividers to keep everything where they belong.

As for pots and pans, it's no secret they can become a mess very easily. "There are tonnes of tray and pan racks out there you can use to keep this organised. Three-tiered pan holders and rack trays can be found online or at stores. You can also use a cheap file holder to store your cooking trays."

### **The fridge**



"The fridge is a focal point of the home," says Steph. "It's where you go multiple times a day and it's how we plan our meals and food for the day. It can be tricky to keep organised."

Without a good system in place, you'd be surprised how much food can go to waste. In addition to investing in some good fridge Tupperware, here's how you can stay organised:

#### **Fridge labels**

Invest in a label maker or some reusable labels and designate sections for different food categories such as dairy, fruits, vegetables and leftovers. Not only does this help you find what you need quickly, but it also ensures that food items are stored properly and reduces the risk of spoilage.

#### **Condiments**

“The perfect solution for condiments whether they are in the pantry or the fridge is a Lazy Susan,” says Steph, explaining that you can access things quickly without having to move anything around.

“For any chopped up fruit or veggies I like to store them in the Oxo Greensavers, as they last a lot longer. You can get these on Catch sometimes. On the second shelf I keep any other veggies that I don’t have Greensavers for, and put them in glass containers. Kids’ yoghurts and squeeze foods I keep in a long clear tub. I also put any premade baby bottles here.”

## **I Tried the 10-10 Decluttering Method — and I've Never Felt so Productive**

You only need a few minutes to get started.



While I dread the idea of decluttering, once I start, I tend to enjoy it. I love the satisfaction of filling up bags upon bags to donate, reclaiming the precious closet space I must use strategically in order to get by in my small apartment.

Still, finding the time — and the motivation — to begin the decluttering process can be challenging, at least for me. Dedicating hours at a time just doesn't work for my schedule. I



prefer to work in bursts, but even then, I sometimes get distracted and move onto the next thing on my to-do list.

When I first learned about the 10-10 decluttering method, it seemed like an innovative approach to organization, giving people a way to hold themselves accountable while still offering the much-needed flexibility most need to get the job done. I decided to give the method a try and declutter my bathroom, closet and kitchen cabinets.

### **What is the 10-10 decluttering method?**

The 10-10 decluttering method is pretty simple — choose an area, set a timer for 10 minutes and get rid of 10 items in that space. "If you notice other items you don't need, remove them as well, but make sure to stick to the 10-minute timeframe," says professional organizer Tonia Tomlin of Sorted Out.

### **My 10-10 decluttering experience**

I decided to try the 10-10 decluttering method in three separate areas, spending 30 minutes in total over the course of a couple days.

One thing I noticed in the 10 minutes of decluttering was the number of canned goods and sauces in my cabinet. Instead of buying those goods every time I go grocery shopping, I plan to be more mindful and only purchase what I need. This way, I'll save space in my kitchen cabinets and won't have to worry about getting rid of expired goods.



**The bottom line**



Before starting the challenge, I was nervous I wasn't going to be able to get up to 10 items in 10 minutes in each space, but by the end, I was surprised by how much I had actually decluttered in just 30 minutes.

The 10-10 decluttering strategy is helpful for anyone needing a bit of extra motivation and flexibility to get organized. Typically, I'd dedicate a full day to go through all areas of my apartment — and I always dreaded it. Now, I don't think I'll ever use that approach again.

Whether or not I continue to time myself moving forward, this strategy made me realize I only need a few minutes to make major decluttering progress, and I consider that a win.

### **Keeping Clean Areas**

Person-to-person spread, especially by soiled hands, is the major way infectious diseases spread. Although household surfaces play a minor role, regular cleaning is still important to maintain a healthy environment.

Cleaning with detergent and warm water is all that is usually necessary to maintain a clean and healthy environment. Unnecessary use of disinfectants encourages the development of bacteria that are harder to kill.

### **Hygiene In Kitchen**



Kitchen hygiene is important to prevent food poisoning.

All surfaces in the kitchen such as bench tops, stoves, sinks, walls, inside cupboards and items such as crockery and cutlery need to be kept clean. Leaving leftovers and spills to become dry will make them much harder to remove.

To effectively clean a surface in the kitchen you need to remove all visible soiling using detergent and warm water. This is usually all that is necessary.

### **Disinfectants**

Surface disinfectants are usually not necessary and only work well on a surface that has already been cleaned.

If disinfectants are used it is important to:

- follow the manufacturer's instructions on its use; this includes how much water to add to it, what water temperature to use, and how long the object needs to be in contact with the disinfectant
- diluted disinfectants deteriorate on standing. All diluted disinfectant should be used immediately after preparation
- wear gloves when using chemical disinfectants as disinfectants are a common cause of dermatitis
- empty buckets after use, wash with detergent and warm water and store dry
- mops should be cleaned in detergent and warm water and stored dry.

### **Household Sponges**

- Cleaning sponges should be changed frequently or disinfected regularly
- separate sponges should be used for cleaning dishes and cleaning floors
- floor spills should not be cleaned up with the dish sponge
- mop floor spills with a single-use paper towel that can be thrown away.

### **Dishes**

Dishes should be washed in warm-to-hot soapy water and rinsed in warm-to-hot water. Always ensure water temperatures can be comfortably tolerated to avoid scalding. This is especially important for children and the elderly.

It is best to leave dishes to air dry. If you do this, do not place a tea towel over them as this will only spread bacteria from the tea towel onto the clean dishes. Change your tea towel when it becomes dirty or wet.

### **Chopping Boards And Utensils**

Separate chopping boards should be used for raw meats and ready-to-eat foods. If this cannot be done, the chopping board used for meat should be washed in warm-to-hot soapy water and rinsed before being re-used. The same applies to utensils, knives, benches and plates. Chopping boards can be disinfected by washing in warm-to-hot soapy water and then rinsing with diluted bleach, or washed in a dishwasher using the highest heat setting.

Clean inside fridges and cupboards regularly. Crumbs in cupboards can attract pests. Dirty fridges can carry bacteria and moulds.

## **Hygiene In The Garden**

### **Sandpits**

Sandpits can become contaminated with animal faeces and urine. Sandpits need to be properly constructed with adequate drainage. The sand should be raked often, and when not in use the area should be covered (for example, with a tarpaulin or shade cloth).

### **Gardening**



Many gardening activities bring the gardener into contact with organisms that can cause illness.

Gardeners should wear gloves during gardening and always wash their hands (with soap and running water) before eating, drinking or smoking.

## **Tips for Cleaning and Organising Your Garage**



The garage, an exterior part of your home, is the most neglected area when it comes to cleaning and organisation. Instead, it often becomes the dumping ground for unwanted stuff and clutter. If you are intimidated by the mess in your garage, consider reorganising it to boost functionality and maximise existing space.

It is good to create a proper strategy, dispose of junk, get rid of mess, and increase storage capacity by leveraging proven and effective methods. This becomes even more crucial when preparing your property for the rental inspection in Adelaide. You can impress your fussy landlord by handing over the property (including a garage) in a clean condition to secure your full bond money.

Today, we are the ultimate guide to help you clean and organise the garage space like a pro. This guide includes tips and tricks for de-cluttering and deep cleaning all nooks and crannies effectively and efficiently.

Let's Get Started!

### **1. Devise a Proper Cleaning & Organisation Plan**



It is pivotal to create a success path for your efforts. So, set your cleaning objectives and develop an approach accordingly. Whether you are doing a regular cleanup or preparing it before the tenancy inspection, ensure you have a well-structured plan. This can maximise efficiency, save time, and help dejunk items without chaos. End of lease cleaning Adelaide professionals also recommend setting an achievable timeline ahead for better clarity and desired goals.

Make sure you assess the condition of your garage and create a plan accordingly.

## **2. Stock Up on Necessary Cleaning Supplies**



After that, you'll need to arrange all the essential cleaning supplies to tackle dust, dirt, grease, grime and other stains. The list consists of:

- Dusting cloths and mops (microfiber cloth)
- Wall-mounted vacuum cleaner
- Scrubbing pads and brushes
- Sponges
- Broom
- Garbage bin
- Vinegar

- Baking soda
- Hydrogen peroxide
- Liquid dishwashing soap
- Warm Water

### 3. De-clutter Your Garage: Keep, Donate and Toss



Begin the process by taking everything out to the driveway. This will help you inspect all items carefully, and you can ruthlessly declutter without any confusion.

It is good to categorise items from the garage and make decisions depending on their requirements. Make sure you check the shelves and cabinets and divide items into three categories:

**Keep:** This includes items that you use frequently or hold sentimental value. So, return gardening and automotive tools, car maintenance items, spare parts, and emergency supplies to the garage.

**Donate:** This includes items that you no longer need but are in good condition.

**Toss/ dispose of:** Many homemakers make the garage their dumping ground. So, toss broken, empty, or outdated items, such as broken gardening or gym tools, outdated electronics, empty boxes, duplicate items, etc. For hazardous items, such as open paint

cans, outdated batteries, and expired chemicals, you will need to dispose of them using the best methods to prevent environmental hazards through gas emissions.

#### **4. Clean Ceiling Walls and Crannies**

Maintaining a clean and organised garage requires top-to-bottom cleaning. Begin by removing cobwebs, insect marks and dirt from the ceilings. You can use a telescopic duster or reach the surface using a step ladder. A vacuum machine with an extendable hose can also save you time and energy.

After that, scrub the dirt and grime from the walls. You can spray white vinegar solution and gently scrub the area with a sponge. A wet magic eraser can also help you tackle smudges and stains without leaving scratches behind.

If you are moving out of leased apartment soon, book experts for a cheap end of lease cleaning Adelaide. They bring a pre-approved checklist and proper tools to clean and disinfect all areas, including the garage walls, and retrieve the full bond money.

#### **5. Clean and Polish Shelves and Workbench**



Do not forget to clean and maintain the shelves and workbenches in your garage. Use a mild dishwashing soap or baking soda to clean the surface. Gently dampen the microfiber cloth and wipe down the shelves- nooks and crannies. This will remove accumulated dirt and grime in no time.

Olive oil can also be used to polish wooden shelves and other furniture. This less-known cleaning hack can revive your garage.



## 6. Remove Stubborn Stains From Floors



Use eco-friendly products to remove grease and gunk stains from your garage floors. Start by sweeping or vacuuming the surface to remove loose debris. After that, use a pressure washer for stubborn messes. For quick results, add some low-pressure soap liquid.

For tougher stains, spray hydrogen peroxide or vinegar solution and scrub with an abrasive brush. White vinegar can do wonders in removing oil paint from the surface. You can also use baking soda for grease and oil stains.

## 7. Creatively Maximise the Storage Space

After tackling dirt, stains and junk, divert all your efforts and find useful storage solutions for your garage. Adding ceiling racks to customised storage units for storing items, you can do everything to make the area look clean and organised.

### Make the Most of Vertical Space

You can install shelves, hooks and pegs to free up floor space. These can easily be mounted on the walls, providing extra space for tools and equipment.

### Overhead Storage Solutions



Set up overhead storage units in the available area of your home, such as walls. This allows you to store occasional or decorative items in an organised way.

### **8. Set Up a Proper Trash System**

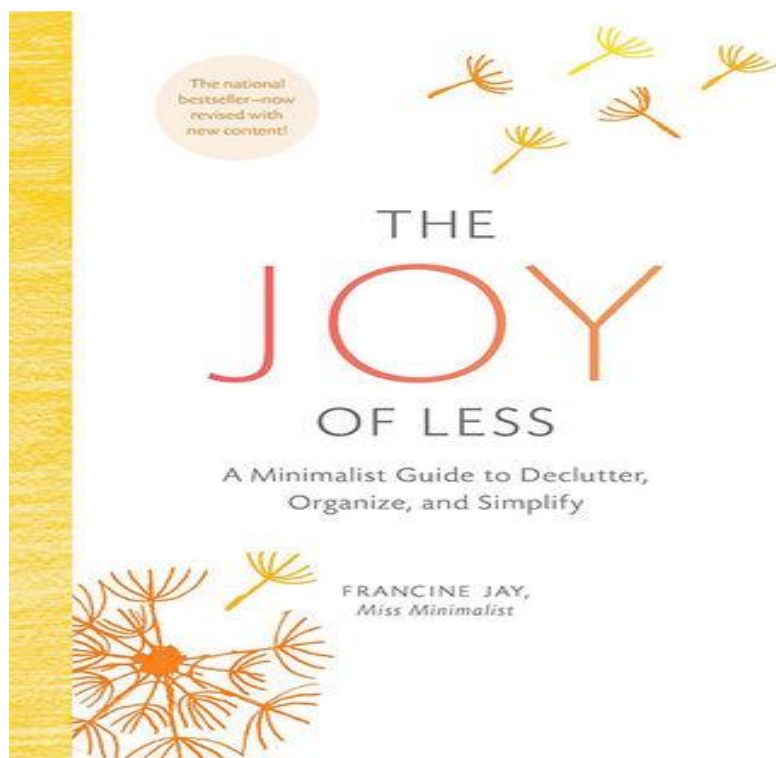
Do not forget to install a proper trash and recycling system in this area. It will prevent you from trucking through boxes every morning when you leave for the office.

### **9. Create Zones for Different Tools**

Believe it or not! Creating different zones for storing automotive tools, gardening tools, sports and gym equipment, lawn care supplies, etc can make it look organised and clean.

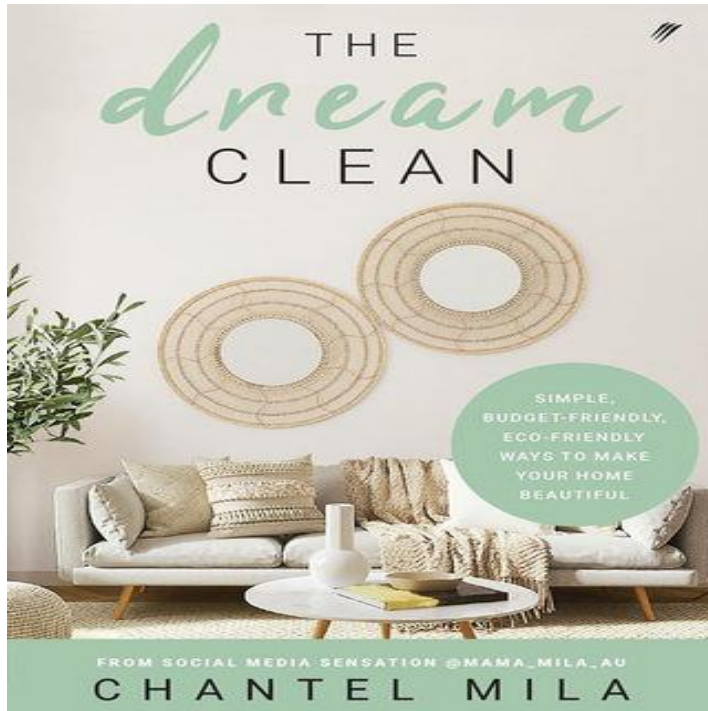
## **Books to supercharge your spring cleaning**

It's that time of year again, spring is the perfect time to refresh your home and declutter your space, and these books offer the inspiration and guidance you need to get started.



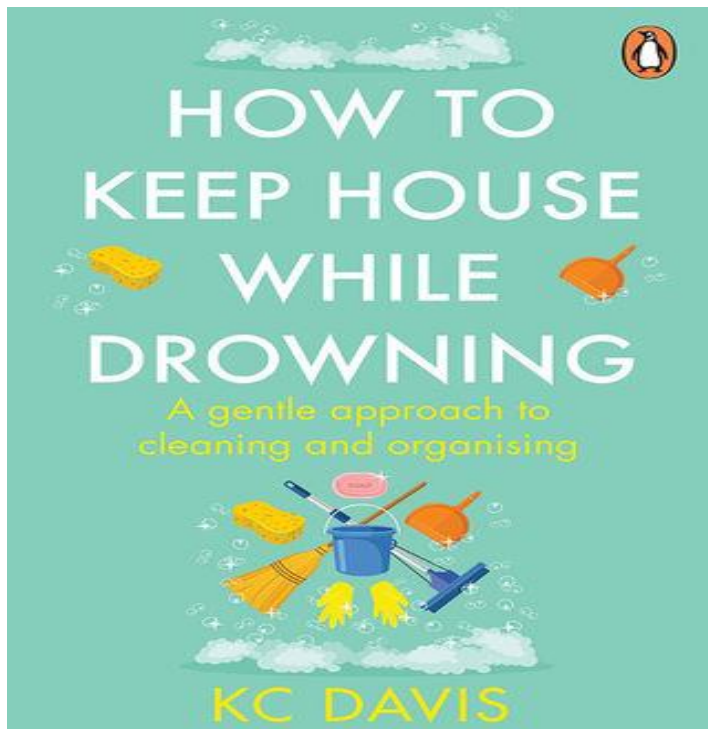
### **The Joy of Less by Francine Jay**

A minimalist's dream, this book provides practical tips for creating a peaceful, clutter-free environment. Francine Jay's insights will help you simplify your life and make room for what truly matters.



### **The Dream Clean by Chantel Mia**

If you're seeking motivation with a touch of creativity, Chantel Mia's *The Dream Clean* transforms household chores into a mindful and enjoyable experience. Learn how to turn cleaning into a positive, rewarding habit.



## How to Keep House While Drowning by KC Davis

Feeling overwhelmed by the mess? KC Davis offers a compassionate and stress-free approach to household management. This viral sensation teaches you how to build small, manageable cleaning habits to stay on top of your chores without feeling overburdened.



## Natural Cleaning by Fern Green

For those who want to clean in an eco-friendly way, Natural Cleaning provides a wealth of DIY recipes for safe, sustainable, and effective cleaning solutions. Fern Green’s tips will help you care for your home while caring for the planet.

“With these guides in hand, you can tackle your spring cleaning with ease and a sense of accomplishment.”

## Conclusion

Decluttering and optimising your living spaces is more than just organising items; it creates a sense of calm, improves functionality, and supports overall wellbeing. By applying practical strategies such as sorting items, using smart storage solutions, and maintaining regular cleaning routines, you can transform even the most cluttered areas into efficient and enjoyable spaces. Focusing on one room at a time, following simple methods, and incorporating healthy habits ensures long-term success. Whether it is the kitchen, garage,

or living room, every space benefits from thoughtful organisation. With patience, consistency, and the right approach, your home can become a welcoming environment that encourages productivity, reduces stress, and enhances everyday living.

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### **Keeping Clean Areas**

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