Baby Steps

The Marie Kondo approach to getting rid of your extra things is almost draconian though it does work. I personally think it's better to start small so you don't get overwhelmed.

The truth is all our homes are filled with things we don't use that make it difficult to use the things we actually want to use.

Start with this very small half hour exercise.
Go to where you keep your flower vases.
Take them all out and line them up.
Those ones in the back are dusty huh?
Now how many do you use?
How many are the cheapy ones you get when people send you flowers?

Do you reach for those first because they are in the front of all the others?
How many do you need?
Take your favorites. Get rid of all the others.
Is there one what belonged to your Aunt Sarah that you hate but feel you have to keep?
Take a photo of it. Put it in an online album marked sentimental things.
Then sell it if you think you can get something for it. Give it away. Or if you have a friend who would like it, put some flowers in it and take it to them.

I had forty vases I am down to 15.
And when I went in to count I got rid of two more.

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