



## How do I declutter my house and my life

---By Rosa Lee

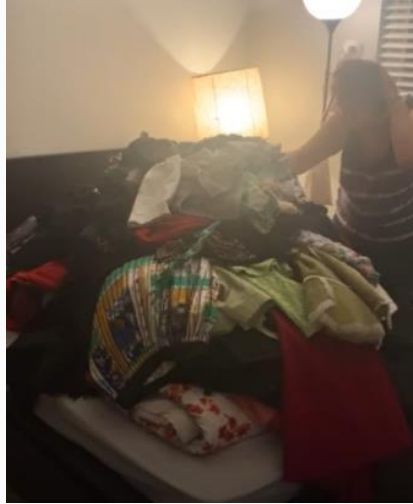
I had been living with clutter in my house for a long time until recently, a good friend came and helped me declutter and reorganize the whole place. I am so grateful I made this move. It has brought tremendous change to my life.

My family moved to Canada 28 years ago. You can imagine how many stuff we used and collected after all these years: clothes, books, cosmetics, kitchen wares, decorations, etc. My family couldn't give up any of them because we considered them a witness of our life and experiences. As a result, many of them were just staying around without being touched year after year.

However, it seems like we couldn't introduce anything new to our house because the space is limited. So is our heart and life. When we are buried in tons of existing stuff, we may not be able to see the outside world clearly. And we may not have time to move on to new adventures.

After pondering for quite some time, I made up my mind of decluttering my house. I started from my clothes, sorting them out based on seasons and functions. Going through all of them, I kept a few favorite or necessary clothes of each category which would be enough for me. After it was done, I moved on to other stuff.





*Sorting out my mountain of clothes*

It was not easy. I hesitated a lot when it came to certain items. I would take the time to figure it out. And in the end, I gave away so many stuff to friends and community. I felt happy because they were gonna better serve someone in need.

Now, with more space and light in my house, I felt quite relieved and refreshed. I won't be occupied by huge workload of maintenance or cleaning in future. And I am able to focus on those that matter most to me now in my life.



*My living room after decluttering*

