

PRESS RELEASE

Thursday 14th January 2010

People won't succeed to De-clutter and Organise their homes in 2011, despite making it a New Years Resolution.

According to one de-cluttering and organising expert.

With 2011 fast approaching, the latest findings from a study by Clutterclearing.net, whose Top Tip Subscribers completed an on-line survey about why they decided to de-clutter, have revealed that 10% of people will be making a New Years Resolution to de-clutter and organise their homes, 73.2% of them having made the same New Years Resolution in the past and failed to succeed.

Of the rooms that people had in their homes that were cluttered, 82% had a cluttered kitchen (no doubt all those kitchen gadget Christmas gifts we feel we 'should' keep but don't have space for) 81% had a cluttered lounge, 64.6% had a cluttered double bedroom, and 53.3% have a cluttered double garage.

It also seems that we know roughly what's in our clutter – with only 3.2% of people saying they don't know what's in their clutter, and an incredible 50.2% acknowledging that our clutter contains 'everything'.

It would appear that it's not just the 'physical' clutter that we are having to deal with when we decide to make it a New Years Resolution. The affect on our sense of wellbeing are stark. For 31.4% of people feel 'overwhelmed' with the clutter, 12.6% of people, their clutter makes them feel 'depressed', 12% feel 'out of control', and 10.6% feel 'uncomfortable' with their clutter.

Of the 73.2% who have tried to de-clutter in the past and failed, an incredible 20.2% of them actually ended up with more clutter by the end of their New Years Resolution than when they started.

'The reason for this is simple when you look at the biggest challenges that they tell us they have' explains Clare Baker, founder of www.clutterclearing.net

27.7% of people don't know where to start with their de-cluttering, 15.9% don't have a process to follow (and consequently 'weed' out clutter then know they can throw away), and 13% of people say they struggle most with 'time' to de-clutter and organise their homes.

That's why they come to us for help. Some people (12.5%) have had their clutter for more than 10 years, and they often find it the hardest to change the habits of a lifetime.

My 3 top tips for anyone planning a New Years Resolution to de-clutter and organise their home are:

1. The reason you've failed in the past is because you haven't stopped the clutter coming into your home. Getting it out of your home is 1 part of the reason why you have your clutter – to keep the clutter away you have to deal with where the clutter comes from as well.
2. Give yourself a realistic deadline. To clear the backlog of clutter AND have a life, you need to aim to do 2 Clutter Clearing Sessions a week so that it doesn't take over your life. If it takes over your life until it's all done, it's going to become a serious chore.
3. NEVER do more than 2 hours of de-cluttering at any one time following a clear process with a beginning, middle and end. Sort and categorise into no more than 7 'piles' of clutter, set yourself a time limit, and make sure you action the piles when you've finished. It's very often the actioning that is missing when you fail to de-clutter.

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For full results of the on-line survey, more information on clutterclearing.net or interviews with Clare Baker, contact Clare Baker on 01295 275030 or 0777 5897955 or email: clare@cdc-uk.net

About clutterclearing.net

clutterclearing.net is a coaching business that coaches and supports people at a Practical Level to Achieve a Permanently Clutter Free and Organised Home.

It was set up 9 years ago to help people who wanted help to de-clutter and get organised without having someone else do it for them. Clare Baker set up the business as a result of having her own Clutter Challenge and realising she wanted to learn the skill for life, rather than becoming dependent on someone else to make the decisions for her about what was of value or not in her belongings.

Clutterclearing.net covers the whole of the UK – and also has clients across the world who have telephone coaching thanks to skype.com.

Products and Services are designed to help anyone wherever they live, whatever their budget and include: Free Top Tips, FREE Storage advice, eBooks, Audio Guides, DIY Kits, one day workshops, Virtual Success Clubs, Telephone Coaching, Help in your Home.

Visit www.clutterclearing.net for more information.

READER OFFERS & COMPETITION PRIZES OF FREE CLUTTER CLEARING SUCCESS CLUB MEMBERSHIP (WORTH OVER £195) AVAILABLE. Contact clare@cdc-uk.net (01295 275030).

Survey results: 451 top tip subscribers took part in the survey.