

SIMPLIFY THAT LINEN

I remember seeing a fabulous video by the Imperfect Mum about her linen cupboard on Facebook a few years ago. Things were everywhere - it was chaos! I remember it being fabulous because I found out other people were like me. Things weren't perfectly folded and there were items in that cupboard that hadn't been used for years.

What a relief that I wasn't the only one!

But ... while you know I'm all about keeping it real and ZERO SHAME I'm also about small steps to make life feel simpler. I've discovered the immense power of decluttering and you've signed up for it too!

It's Simplify Week in the membership so we're tackling something small but mighty.

Small because in the scheme of life - what significance is a linen cupboard?

Mighty because in the scheme of my everyday - the simpler and less cluttered the better I feel, the clearer my brain, the happier I am.

So while it might seem insignificant - let's declutter our linen cupboard. If, for no other reason than it's going to feel AMAZING to tick something off our lists. And it's ridiculous how satisfying tackling something that has been bugging us for months (years?) is. Don't you agree?

So here's my suggestion....

- > Pull everything out of your linen cupboard
- > Put anything you haven't used in the last six months (or change of season) into a separate pile.
- > Sort everything that remains into matching piles (if matching is important to you). Anything that doesn't have a match (random pillow case etc) add to the separate pile.

Now that you have sorted piles - be ruthless. I have two sets of kids sheets for each child (and a random extra set for potential night-time disasters). I have two sets of towels plus four extra's for guests. Do you need all those swimming towels? Have you got fitted sheets that have seen better days? Are there 100 face washers when you only need 5 or 6? How are those bath mats? Add anything else you don't need to your separate pile.

Fold and organise what remains and put back in the cupboard - label the spaces if it will help keep things in their place.

Go through your separate pile and keep any rags you might need and donate the rest, as long as it's usable.

Once you're done - share pics of before and after!

And if this feels like too big a job - just focus on one element - the sheets or the towels.

Lisa x

PS - If your linen cupboard is amazing - is there another cheeky cupboard that requires some loving attention? Which space needs a clearing so that your life feels easier and less cluttered?

VIDEO TRANSCRIPT

Okay, you guys. Welcome to my linen pigeonholes. I packed it around six months ago, and I think I've done pretty well to keep it this way.

But here's the thing. When we moved house and moved interstate, actually, I got rid of so much stuff, so many towels, fitted sheets that didn't have the elastic on them, that I never used anyway because I hated them. And they just sat there. The amount that I was able to either donate or some I had to throw out if we weren't going to be using them as rags, was phenomenal. It is amazing what is hiding inside your linen cupboard.

And I cannot tell you, it will take me about two minutes to just pop everything back into its spot. You can tell when other people have been putting things away if you know what I'm saying. It won't take me long to get these resorted, and it makes me so, so happy.

Two sets of towels, and a few extra ones, that's it. That's all I want. I got rid of so many face washers that were never being used and were a bit ratty as well. Two sets of bedsheets and quilt covers and one spare one for the kids. I might be shooting myself in the foot with that, cause we also don't have a dryer, and I've never done a Melbourne winter.

But I just feel like simplicity, pulling back, getting rid of the stuff that we don't need or use, you know, it's cramping my style, it makes putting it away difficult. So I've hit the point now where that's just not feeling really good to me. So all I'm going to do is just rejig.

I encourage you, pull everything out, have a look at what's there.

Put the matching stuff together, have a pile that sits to the side. Add to that pile, and then at the end, really look at it and see what you need or don't need. Some good quality things can be donated. Other things ... Nick is a painter, so we use a lot of rags, and I use stuff ... I keep a few bits for cleaning windows and all that sort of thing. But other than that, doesn't need to be in my linen pigeonholes.

So, I encourage you to take up the challenge this week. Take one declutter item off your list. Let's do it. See you.

