



**Phat Fit**  
www.phatchicks.ca



**spa aqua**  
www.spa-aqua.com



A LIFESTYLE MAGAZINE FOR SINGLES  
**solomag.com**

Lifestyle

Finance

Real Estate

Career

Relationship

Travel

Do it Solo

Events &amp; Listings

Biz Resources



## Lifestyle

Lifestyle issues that affect single women [\(archives\)](#)

[Home](#)[Media](#)[Archives](#)[Our Team](#)[Blog](#)[Newsletter](#)[Contact Us](#)

**SINGULAR**  
*Sensation*

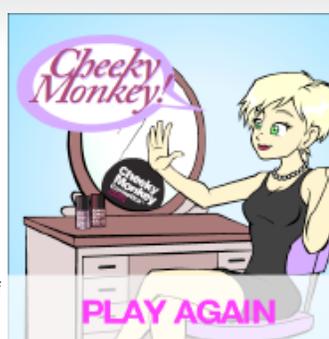


**FASHION**  
**FRIEND-ZY**

Etiquette &  
Netiquette



**Phat**  
**Chicks**



### Fall Cleaning - for those of you who skipped Spring Learn how to create space so you can turn your clutter into cash

By Jacqueline Parker

Now that everyone is back to school, you can't help but have that new start feeling yourself – even if you only had a chance to get up north for a week. With fall comes that feeling of change, organization and a feeling of getting back to it which includes getting your life and your home in order. But for many Canadians, the idea of clearing household clutter elicits a range of emotions from frustration to depression as we try to figure out the answer to the simple question, “where to start”? In an Ipsos-Reid survey commissioned by Kijiji Canada, it appears that more than two-thirds (71 per cent) of Canadians are bothered by their clutter.

The study also reveals that 77% of Canadians are able to put a price tag on their clutter so how much are Canadians holding on to? One in ten Canadians recognizes that they are harbouring clutter adding up to more than \$1000. But cleaning up isn't that simple. Most of us feel that we want to be able to recover some of the items' value of our clutter instead of just discarding it to create more space. “That is not a good reason to hold on to an unwanted item,” Kijiji Canada's clutter wrangler, Jaclyn Wray advises us clutter collectors.

So what can we do to turn our clutter into cash so we can feel the emotional rewards of space and a sense of satisfaction? The study also reveals that 66% of us feel a sense of satisfaction when it comes to being clutter-free and a clutter-free home can lead to feeling refreshed and energized.

So we've talked about the positive effects of cleaning up, but what are the realities of being a clutter-bug? Solomag asked Jaclyn Wray to help us get started.

**SM:** I'm someone who has a lot of paper in my life- as much as I try to avoid it I still have little piles everywhere of bills, notes, notices, files, etc. They add up and the more they add up – the less inclined I am to get to them. Is there a smart way to deal with all this paper as soon as it comes in and before it turns into mountains of paper on my desk and any other free surface area?

**JW:** You've likely already guessed this but the secret to organizing paper clutter is to prevent it from piling up. I would start by keeping all papers in one place, and then setting up the habit of sorting through it on a regular basis.

Have a desk in the house, with a file drawer in it, dedicated to household and personal paper work. If you don't have a desk, a file box will do. I've seen mini-offices set-up in every room of the house: guest room, master bedroom, kitchen or the front hall! Set up files alphabetically for each bill you pay, activities your family does, one with your address on it for house repair info etc. one for identification, a health file, school file etc: one for all the categories of paper that come into your house. And then, set aside a space or a file for an “inbox”. This is where all the paper goes that you don't have time to deal with immediately. There is unfortunately no magic organizing system that will do it for you, the real magic is having a filing system set up It's also a good idea to set up an appointment with yourself, once a week (same day, same time) when you empty your “inbox” by paying bills online, booking appointments, sending correspondence, then re-writing your to-do list for the upcoming week and responding to all the email in your in-box.

Page: [1](#) [2](#)



#### Top reasons we hold on to our clutter

- **Detach in order to de-clutter.** Really ask yourself: what is the worst possible thing that would happen if I didn't have this item.
- **Group things together.** Organize similar items together to help get rid of duplicates. For example, sort clothing by type – t-shirts, jeans, socks, etc. – and take an inventory of the items. Most people don't need more than a couple white t-shirts so think about donating or selling any extras.
- **Stick to the 'use it or lose it' rule.** Only keep what is useful now, not in the future or at some point in the past. Remember, unused items can be sold on Kijiji.ca.
- **Make sure everything is in its place.** Sometimes clutter is just stuff that belongs somewhere else.
- **Donate what you don't need.** Almost anything can be used by someone else. Not sure who to give it to? Post the item to the Free Stuff category on Kijiji.ca.
- We would get rid of unwanted items if there were a free and easy way to do it.
- We're holding on to unwanted items longer than we want to because of the hassle or amount of time it takes to get rid of the item.
- We've held on to an item because we simply don't know how to get rid of it.
- We would get rid of clutter if it were easy to find someone who needed the item.
- They are more likely to get rid of unwanted items if they didn't have to transport it.

To start turning your clutter into cash, visit [www.kijiji.ca](http://www.kijiji.ca)



**Phat Fit**  
www.phatchicks.ca



A LIFESTYLE MAGAZINE FOR SINGLES  
**solomag.com**

Lifestyle

Finance

Real Estate

Career

Relationship

Travel

Do it Solo

Events &amp; Listings

Biz Resources



## Lifestyle

Lifestyle issues that affect single women [\(archives\)](#)

[Home](#)[Media](#)[Archives](#)[Our Team](#)[Blog](#)[Newsletter](#)[Contact Us](#)

**SINGULAR**  
*Sensation*

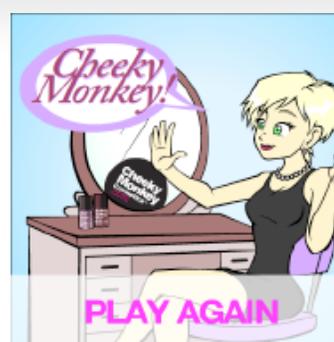


**FASHION**  
**FRIEND-ZY**

Etiquette &  
Netiquette



**Phat**  
**Chicks**



### Fall Cleaning - for those of you who skipped Spring Learn how to create space so you can turn your clutter into cash

By Jacqueline Parker

**SM: They say that if your home is cluttered, your mind is cluttered. How true is that statement and what are the effects on our minds and emotions when we are surrounded by disorganization?**

JW: Clutter leads to emotional distress for a large majority of Canadians. Canadians experience a range of emotions, from frustration to depression, knowing that they have household clutter to clear. According to a recent survey commissioned by Kijiji Canada, more than two-thirds (71 per cent) of Canadians are bothered by their clutter. The research also revealed that one-third of Canadians are so overwhelmed by their clutter that they're storing it anywhere there is space. There's no reason to hold on to these unwanted items when it's simple to turn clutter into cash using a classifieds site like Kijiji.ca. It's easy and free to post an ad for the unwanted item and give it a second home, while recouping some of the cost. Getting rid of the clutter makes both financial and emotional sense

**SM: How easy is to convert from a clutter queen to a successfully organized individual?**

JW: There are a few simple things even a clutter queen can do to start and maintain a clutter-free existence:

**SM: What are some great tips to reduce clutter in small spaces (home offices, small condos, balconies – for example)?**

JW: Purge, purge, purge. Really ask yourself two basic questions: do I use this, do I love this? If you haven't used the item in the past twelve months, chances are you can live without it. The items in your home should give you a sense of joy, not a sense of dread or guilt. If it doesn't fit now, if you never liked it but it was a gift, if you may need it 'someday', or you can't remember what it is: toss it! Start thinking about what you do bring into your home in the future, since space is precious. Two tried and true organizing sayings to live by are: "use it or lose it" and "when in doubt throw it out"; make the tough decisions to purge unneeded items and you will have a great space, no matter how small.

**SM: Are certain personality types more prone to clutter?**

JW: Clutter can catch up with anyone. It doesn't matter how big or small your living space is, how old you are, or even where you live. It seems to me that we are just a busy country drowning in our clutter and if you browse the Buy & Sell category on Kijiji, you'll notice that clutter is caused by a wide range of items – some of us hold on to unwanted furniture while others can't seem to control the clothing clutter.

**SM: What are some simple rules of thumb go keep in mind when it comes to staying organized?**

JW: First, make regular appointments with yourself to de-clutter and get organized: During your "appointment" time, purge a room or an area that's driving you crazy and sell or give away the unwanted items using a classifieds site like Kijiji.ca. Second, take a break from bringing anything new into the house...stop shopping. Even for one month make a pact with yourself or with your partner to only buy 'essentials' and absolutely nothing else. Eat up the backlog of canned goods and fancy condiments in your kitchen. Use up all the half empty bathroom products, re-gift something new you received but don't love, to someone else. Along with a clutter-free home, a shopping hiatus has other benefits as well:

- Environmentally, you will go beyond just recycling to actually reducing the amount of disposable packaging that you buy.
- You will have time to do the things you love – cooking, reading, and exercising.
- You will simplify your life and gain a greater sense of control.

So take a step back, analyze your space and see what you can do to clear some space in order to help you clear your mind. And Fall is the perfect time to start!

#### Top reasons we hold on to our clutter

- **Detach in order to de-clutter.** Really ask yourself: what is the worst possible thing that would happen if I didn't have this item.
- **Group things together.** Organize similar items together to help get rid of duplicates. For example, sort clothing by type – t-shirts, jeans, socks, etc. – and take an inventory of the items. Most people don't need more than a couple white t-shirts so think about donating or selling any extras.
- **Stick to the 'use it or lose it' rule.** Only keep what is useful now, not in the future or at some point in the past. Remember, unused items can be sold on Kijiji.ca.
- **Make sure everything is in its place.** Sometimes clutter is just stuff that belongs someplace else.
- **Donate what you don't need.** Almost anything can be used by someone else. Not sure who to give it to? Post the item to the Free Stuff category on Kijiji.ca.
- We would get rid of unwanted items if there were a free and easy way to do it.
- We're holding on to unwanted items longer than we want to because of the hassle or amount of time it takes to get rid of the item.
- We've held on to an item because we simply don't know how to get rid of it.
- We would get rid of clutter if it were easy to find someone who needed the item.
- They are more likely to get rid of unwanted items if they didn't have to transport it.

To start turning your clutter into cash, visit [www.kijiji.ca](http://www.kijiji.ca)