

6 Astonishingly Smart Ways to De-Junk Your Life

Unhealthy relationships, too many unused belongings and negative habits can all eat up your precious time and space. Lifehack has listed six tips you can get started on right now that will greatly help to “de-junk” your life:

1. Be honest

You don't need lies in your life, and being honest only gets easier with practice.

2. Make a list of just 7 things that are irreplaceable

Once you know what's important to you, you'll probably get rid of some things that aren't.

3. Make a list of just 5 people who matter the most to you.

Once again, keeping in touch with the people who really mean something to you will help you realize your true priorities.

4. Move into a smaller living space

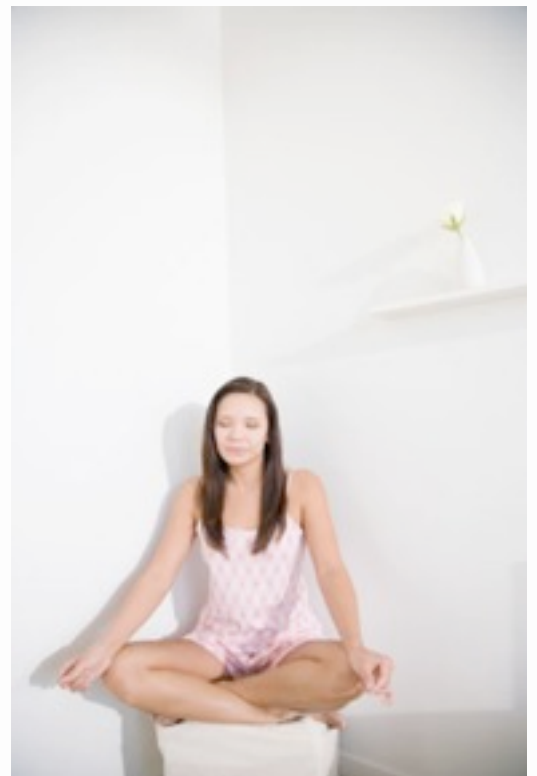
You'll throw out some stuff during the moving process, and a small home means you'll be faced with clutter on a daily basis until you get rid of more.

5. Quit your job

Or just pretend and make some plans. You might be surprised by what you come up with.

6. Train for an endurance race

This can provide an amazing amount of stress relief as well.



Sources:

» Lifehack March 30, 2010