

# Minimalism to remove stress caused by too much stuff

**Post by “Kalosyni” of May 23, 2025 at 2:39 PM**

I used Grok to help create a decluttering system:

My prompt:

Create a decluttering method that is based on the following values: 1) household item, 2) beautiful item, 3) status item, 4) entertainment, hobby or sport. Also include the following categories: use everyday, use once a month, somewhat likely to use sometime this year, highly unlikely to ever use again.

Grok's reply (everything that follows it Grok's reply):

Below is a decluttering method tailored to your specified values and categories. This method, called the Value-Based Decluttering System, helps you evaluate household items based on their purpose and usage frequency to make informed decisions about keeping, donating, or discarding them.

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## Value-Based Decluttering System

### Step 1: Define the Values

Each item in your home will be evaluated based on one of these four values:

1. Household Item: Items essential for daily living (e.g., kitchen tools, bedding, cleaning supplies).
2. Beautiful Item: Items that bring aesthetic joy or enhance your space (e.g., artwork, decorative vases).
3. Status Item: Items that signal prestige, achievement, or social standing (e.g., designer clothing, luxury goods).
4. Entertainment, Hobby, or Sport: Items used for leisure, recreation, or personal passions (e.g., books, sports equipment, crafting supplies).

### Step 2: Categorize by Usage Frequency

For each item, determine how often you use it or are likely to use it:

1. Use Everyday: Items you rely on daily or almost daily (e.g., toothbrush, coffee maker).

2. Use Once a Month: Items used regularly but not daily (e.g., vacuum cleaner, specialty cookware).
3. Somewhat Likely to Use Sometime This Year: Items you might use within the next 12 months (e.g., seasonal decorations, camping gear).
4. Highly Unlikely to Ever Use Again: Items you haven't used in years and don't foresee using (e.g., outdated electronics, old textbooks).

### Step 3: Decluttering Process

1. Gather Items: Start with one area of your home (e.g., a room, closet, or drawer). Pull out all items to evaluate them.
2. Sort by Value: Assign each item to one of the four value categories (Household, Beautiful, Status, Entertainment/Hobby/Sport). If an item fits multiple values, choose the primary one based on why you keep it.
3. Assign Usage Frequency: For each item, determine its usage category (Everyday, Monthly, Yearly, Unlikely).
4. Apply the Decision Matrix: Use the following guidelines to decide whether to keep, store, donate, sell, or discard each item:
  - Household Items:
    - Everyday: Keep in an easily accessible location.
    - Monthly: Store in a convenient but less immediate spot (e.g., a pantry or closet).
    - Yearly: Store in a labeled, less accessible area (e.g., attic, garage).
    - Unlikely: Donate or discard unless it's irreplaceable (e.g., emergency tools).
  - Beautiful Items:
    - Everyday: Display prominently if it brings daily joy.
    - Monthly: Rotate seasonally or store for occasional display.
    - Yearly: Store carefully for special occasions or reconsider keeping if it's rarely enjoyed.
    - Unlikely: Donate, sell, or gift to someone who will appreciate it.
  - Status Items:
    - Everyday: Keep only if actively used and aligned with your current lifestyle.
    - Monthly: Store carefully (e.g., designer bags in dust covers) and reassess annually.
    - Yearly: Consider selling or donating if the item no longer reflects your values.
    - Unlikely: Sell or donate; status items lose value if unused.
  - Entertainment, Hobby, or Sport:
    - Everyday: Keep accessible in dedicated hobby spaces.
    - Monthly: Store in an organized, labeled area for easy access.
    - Yearly: Store in a labeled container and set a deadline (e.g., use within 12 months or donate).
    - Unlikely: Donate or sell, especially if the hobby or sport is no longer active.
5. Organize and Act:

- Keep: Organize kept items by value and frequency, ensuring everyday items are most accessible.
  - Store: Use labeled bins or containers for monthly and yearly items, noting their value category.
  - Donate/Sell: Box up items for donation or list them for sale within a week to avoid procrastination.
  - Discard: Recycle or trash items that are broken or unusable.
6. Review Periodically: Revisit your system every 6–12 months to reassess yearly and unlikely items, ensuring your space reflects your current needs and values.

#### Step 4: Tips for Success

- Start Small: Begin with one drawer or shelf to build momentum.
- Ask Key Questions: For each item, ask, “Does this align with my current values?” and “When did I last use this?”
- Limit Sentimental Items: For items that don’t fit the four values but hold emotional weight, limit to one small, labeled “memory box.”
- Track Progress: Keep a log of donated or sold items to feel accomplished and motivated.
- Involve Others: If decluttering a shared space, discuss values and usage with household members to align decisions.

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#### Example Application

Item: A designer handbag

- Value: Status Item
- Usage: Somewhat Likely to Use This Year (used for special events)
- Decision: Store carefully in a dust bag and reassess next year. If unused by then, consider selling.

Item: A set of watercolor paints

- Value: Entertainment/Hobby
- Usage: Highly Unlikely to Ever Use Again (haven’t painted in years)
- Decision: Donate to a local art program or school.

Item: A coffee maker

- Value: Household Item
- Usage: Use Everyday
- Decision: Keep on the kitchen counter for easy access.

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This method ensures your decluttering decisions align with your values and practical needs, creating a space that's functional, beautiful, and meaningful. Let me know if you'd like a checklist, worksheet, or further customization!

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\*Edit: My own personal definition of "status item" is any jewelry or fancy clothing (I don't own designer items).