

These are some of my favourite 'clutter quotes':

- 'Clutter' can be defined as **any obsolete object** "that weighs you down, distracts you, or depletes your energy". It "is **symbolic of your attachment to something from the past** that must be released in order to make room for change". (Julie Morgenstern)
- "Clutter is **anything that no longer serves you.**" (Julie Morgenstern)
- "**Does this bring me joy?**" (Marie Kondo)
- "**Clutter is the best evidence to identify what our blind spots are, where we are staying stuck in the past** out of comfort or fear, and what identities we are still attached to that are no longer a part of our present life or desired future life." (Tisha Morris)
- "When trying to decide the fate of a possession, ask yourself: **Do I need it? Do I love it? Do I use it?** If you don't need it, love it, or use it, you should probably get rid of it." (Gretchen Rubin)
- "I define clutter as **anything I can't keep under control.** If a space in my home consistently gets out of control, I have too much stuff in that space. I have clutter." Dana K. White
- **Four questions you should ask yourself:** "Does this really matter to me? Is this love? Is this contributing to the life I want, to my health, or to the way I want to treat people? Am I holding on for the right reasons?" (Courtney Carver)
- "If the item **won't add value to your life in terms of function or beauty,** hang out 'Sorry, No Vacancy' Sign." (Francine Jay)
- "**We can define clutter in 2 ways:** First, it is any object that is not put away in its proper home. The second type of clutter is the overabundance of stuff." (Cassandra Aarssen)
- "My wife and I began to define clutter as (a) **too much stuff** in too small a space, (b) anything that we **no longer used or loved,** and (c) anything that led to a **feeling of disorganization.**" (Joshua Becker)
- "Clutter is anything that **does not add value to my life.**" (Joshua Fields Millburn)
- "Have nothing in your house that you do not know to be useful, or believe to be beautiful." (William Morris)
- "All you need to keep around are the items that you treasure and the items that you use. That's it." (Peter Walsh)
- "**Letting go of the following things will also free you to become more open, authentic, and true to yourself:** Objects you never really liked. Things you regret having paid so much money to buy. Stuff you inherited and hold on to out of a sense of obligation. Outdated belongings that identify a version of you that vanished long ago. Think about the possessions in your home. Do they represent the person you want to be right now? Do they present the best version of who you could become?" (Peter Walsh)
- "**We believe that clutter is best defined individually and situationally.** Through questioning everything, people get to determine how they want to feel in a space (for example, joyful, calm, or inspired) and their own lifestyle needs and desires. The **material items that don't support this vision** are clutter." (Cary Telander Fortin, Kyle Louise Quilici)
- "**Clutter is anything that doesn't belong in a space** – whether it belongs elsewhere in your home, or it doesn't belong in your home any longer." (Chrissy, <https://organisemyhouse.com>)