



The Cost Of Clutter: How Junk Impacts Your Finances



Storage expenses

Renting additional space — as **11.1%** of U.S. households do — or buying storage containers adds up over time.



Reduced productivity

Time is wasted searching for items in clutter — collectively, Americans spend **\$2.7 billion** dollars replacing lost items every year.



Potential health costs

Clutter can cause accidents or trigger allergies due to dust — **55%** of Americans report their home's disorganization as a major source of stress.



Decreased property value

Messy homes can decrease resale value — as much as **5-10%** off the sale price — and deter potential buyers.



Higher cleaning costs

Accumulated clutter often requires professional help for deep cleaning, incurring additional expenses — one study found **80%** of the items people keep are never used.



Clutter's Impact on Financial Behavior



Increased impulse purchases

This involves buying duplicates of items already owned but misplaced or forgotten.



Delayed bill payments

If you misplace bills or important documents in the clutter, it may lead to late fees.



Affected mental well-being

Stress and anxiety caused by a cluttered environment can impact financial decision-making.



Racked up expenses

Storage fees over time can surpass the value of the stored items.



Getting Started in Decluttering



Set clear goals

Define the areas in need of decluttering and establish achievable targets.



Sort and organize

Divide items into categories (keep, donate, discard).



Start small

Tackle one area at a time to avoid feeling overwhelmed.



Sell or consign

Recoup lost money by selling excess items.



Schedule junk removal

Seek help from a professional, full-service removal company.



Practical Ways to Prevent Clutter Accumulation



Dedicate time weekly/monthly for regular decluttering sessions.



Adopt a minimalism mindset of “less is more” to limit unnecessary purchases.



Implement storage solutions and habits to maintain an organized space.



Practice mindful consumption by prioritizing quality over quantity.



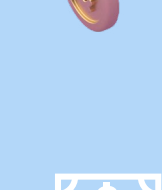
Implement the “one in, one out” rule: For every new item brought in, an existing one is removed.



Organize swaps or donation drives in the community to encourage reuse and recycling.



Savings Opportunities by Decluttering



Sell unused items to generate extra income that could be directed toward savings or paying off debt.



Donate items to possibly qualify for tax deductions.



Optimize future spending by assessing the household's actual needs once decluttered.



Spend less on potential healthcare costs by removing tripping hazards and creating a cleaner, less-stressful environment.