

# RECYCLING NEWS

2024 vol. 1

*Lower Allen Township*

## Where Do I Start?

Reducing the items that we have in our homes can be an overwhelming task. Our memories can be reflected in those items or just the thought of eliminating something can be too much to deal with when our lives are already so hectic.

Sometimes we need a suggestion of where to start.

1. Start small. Don't tackle the entire closet or that drawer we throw everything in. Choose something small to feel the success.
2. Set a timer. Don't get sucked into the rabbit hole of decision making on items. 10 - 15 minutes is plenty of time to make some quick decisions.
3. Stick to your decisions. If you are going to donate something or toss it, do it immediately. Don't create a new pile in another location.



**Reduce**  
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New years are usually a time for New You's and Resolutions! I am normally not a resolution person, who wants to feel like a failure for not being able to follow through with walking 3 miles a day or not touching fast food or finally teaching myself how to knit a blanket! I don't know about you, but I tend to quit those resolutions before the end of the month. In fact, January 12th is considered the National Quitters Day. The day most people quit their New Year's Resolutions. This year I made a New Year's Resolution and I am still motivated to keep going. My resolution is to eliminate 2 items from my home every day for a year. I am starting with the beginning of the recycling motto, "Reduce, Reuse, Recycle".

Before I can think about how I am recycling something I need to start with what I buy. Do I **need** the item I want to purchase? Once I decide if I need the item then I can decide how to reduce my stuff.

At first I thought, 2 items that's 732 items from my house in a year! It is a leap year so there is that extra day! Reducing the items in my house has not been easy. The first question is where do I begin? After the initial overwhelming feeling of "I like my stuff" and "This will be too hard", each day has been easier.

I found it easier to start randomly. I pick a different location in the house each day. I have eliminated socks one day, those that still have life were donated to a shelter. Another day I found a pile of blankets we did not use. Those went to an animal shelter via a current Eagle Scout Project.

**January Challenge = Reduce 2 per day**

**email me with how you reduced your "stuff" including a picture and be entered to win a prize**