

Red Dot, Blue Dot, Green Dot Method

Step One: Purchase some stick-on dots –available at Walmart in the rummage sale/home office area. (These are used as price stickers.)

Step Two: Enter the area you wish to declutter. (If it's a closet or drawer, take everything out and lay it out so you can see it all.)

Step Three: Sort

Working quickly, slap a red dot on items you wish to discard, blue dots on those you will donate and green dots on what you will keep.

Step Four: Remove the unwanted items from the premises as soon as possible—same day is best.

The advantage of this method is that it taps into your intuition—the assumption being that we intuitively know what we want to divest ourselves of and keep so we can make these choices quickly—without any agonizing or second guessing.

Marie Condo Method

Take everything out of the area you wish to declutter. Hold/touch each item. Ask yourself “Does this item spark joy?” If so, keep. If not, say “Thank you for your service” and get rid of it.

.....
The advantages of this method are the emphasis on our possessions' responsibility to make our lives good and on the letting go process.

Enlist the Help of a Trusted Person Who is a Good Organizer

Having another person “along for the ride” can give you the boost you need to get the process going. This method is especially helpful if you feel overwhelmed and/or you could use help with the physical aspects of the task. Many of us benefit from feeling we are “accountable” to someone else—we can pledge to make progress before our declutter companion returns for another go at the project—and we can feel great when they congratulate us on the progress we are making. The advantage here is the energy we “borrow” from someone else and the accountability factor.

Hire a Professional

There are services we do not hesitate to hire because we cannot or do not wish to do certain tasks such as landscaping, painting, cleaning, snow removal, car detailing and so on. Hiring someone to get decluttering done can be money well spent. (Now that you won't need that storage unit any more, you can put the rental money toward this person's fee.) Advantage: this person has “tried and true” methods to get the job done efficiently.

Google

If you google “decluttering methods”, you will find scores of sites dedicated to describing ways to declutter.