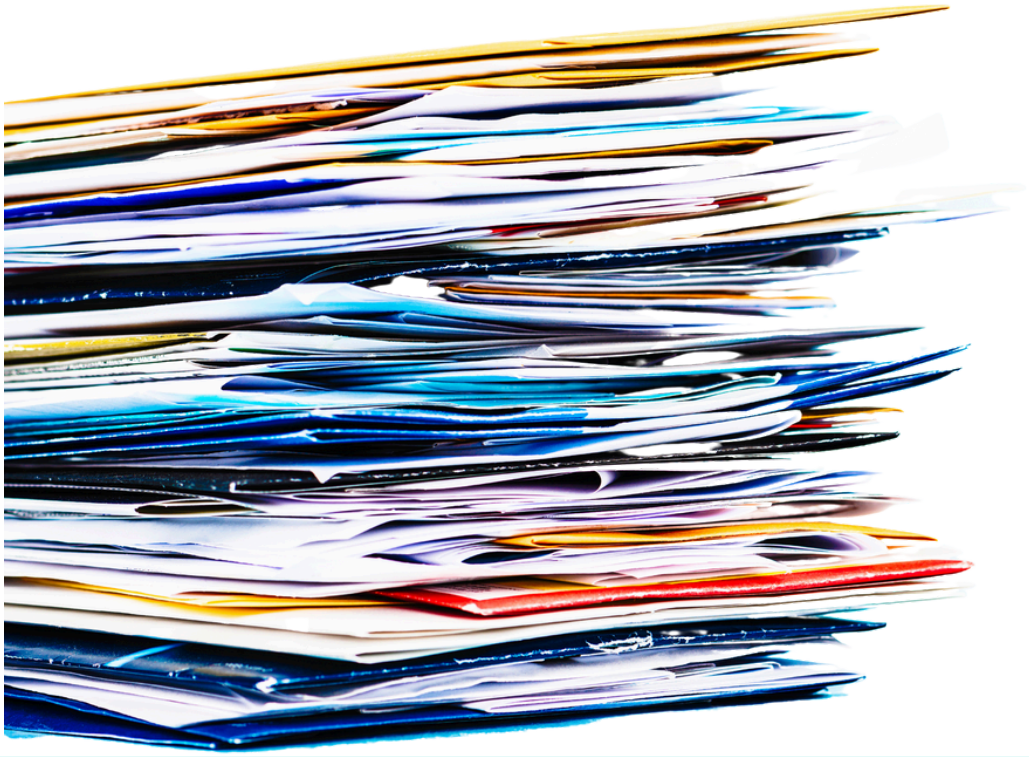
MINIMIZE MAIL MADNESS

A Quick Course to Shrink Your Snail Mail So You Can Shift from Clutter to Calm

3 DAYS, 3 WAYS, IN 3 MINUTES A DAY!

BY: C.Lee Cawley CPO
Organizing Expert & Educator





Welcome



Welcome to the '**Minimize Mail Madness**' guide, where we uncover the shocking impact of 100 billion pieces of junk mail inundating the United States yearly.

Brace yourself for the staggering statistics:
For context, creating this torrent of junk mail consumes an astounding 100 million trees annually— that is equivalent to clearing Rocky Mountain National Park three times in just one year!

Consider this: the average American's annual junk mail accumulation weighs a hefty 41 pounds, overwhelming our mailboxes with unwanted materials. With roughly 18 pieces of junk mail for every 'regular' one, it's a source of frustration and environmental strain.

Even more disheartening, a minimum of 42% (possibly even 60%) of this junk mail finds its way to landfills, never opened. Beyond the waste issue, junk mail leaves a carbon footprint akin to 9 million cars on the road and could instead heat 250,000 homes for a day.

This guide arms you with knowledge and strategies to regain control of your mailbox, reduce waste, and curb the environmental toll of junk mail. Join us in the battle against 'Mail Madness.

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Day 1



Everybody Task

Whenever you fill out a subscription, raffle, or any form that requires your name and mailing address, write the following words on the form: *"Do not rent, sell, or trade my name, email address, or mailing address."* Put it on a post-it near your desk! This truly will help prevent unwanted junk mail.

Essential Task

Today, I want you to do a task that takes less than 2 minutes. Go to DMA Choice. Here you can effectively and significantly reduce the influx of various types of mail, including catalogs, magazine offers, other solicitations from charities and nonprofits, and credit card offers. Be sure to enter any and all variants of your name or aliases. Please note that when I filmed this, the cost was $2 for 5 years - it's now $8 for 10 years.

Extra Task

Even if you no longer receive printed Yellow Pages, consider completing this two-minute task to stay off their mailing lists, as well as those of other retailers.

1. Visit the website, yellow pages opt out here.
2. Fill in your Name & Email (I suggest using a "retail email")
3. Put your address in the opt-out area
4. Ask to be opted out of ALL national, regional & local mailings.

Day 2



Everybody Task

Don't fill in warranty cards, as they are often used to collect personal information.

Essential Task

Today's task - go to OptOutPrescreen to prevent unwanted credit card and insurance offers by opting out of prescreened offers.

Opt-Out will require you to provide personal information, including your Social Security number. Rest assured, this service is entirely legitimate. In fact, if you visit the Federal Trade Commission Consumer Advice, you can access the opt-out prescreened portal. And should you ever have a change of heart, you retain the option to opt back in.

Extra Task

Remove your address from marketing lists to reduce unwanted mail. Visit the website save.com to access the address removal service. If you decide to opt IN to any lists, be sure to use a retail email*.

***A retail email is an email that you ONLY use for online shopping or to tell retail workers where to send receipts.**
Make it easy to say and remember like "nancyshops@gmail.com"

Day 3



Everybody Task

Charities may rent, sell, or trade your information when you donate. To prevent unwanted charity solicitations, include the following message with your charity donations: "**Please do not rent, sell, or trade my name, email address, or mailing address.**"

Additionally, consider returning unwanted charity solicitations using their own business return envelopes. Please see the "Charity Fatigue Fighter" Bonus for a form to send, as well as full instructions.

Essential Task

Catalogs contribute to environmental waste and may tempt you to spend money unnecessarily. To reduce the number of catalogs you receive, use the free service Catalog Choice.

Extra Task

To further reduce unwanted mail, consider joining the National Do Not Mail List through directmail.com.

1. Visit directmail.com
2. Fill in your name, address, city, state, ZIP code, and email address for confirmation.
3. Choose whether you want to receive special offers by mail or not.
4. Click "Continue" and review your selections.
5. Submit your registration.
6. Your registration will be confirmed

Remember to exercise caution when providing personal information online, and only do so on these trusted websites.

Now, sit back and be patient...

It's important to note that it typically takes anywhere from 30 to 90 days to observe a noticeable reduction in the amount of mail you receive.

Additionally, if you make a purchase from a retailer or make a donation to a charity, you may find yourself automatically re-added to their mailing list. So whenever you order something online or send a donation check, it's advisable to request removal from their lists.

Extra Task for UK Residents



To reduce junk mail in the UK, you can remove your details from the Abacus Alliance by following these steps on epsilon.com:

1. Visit epsilon.com
2. On the Epsilon Consumer Request page, fill in the required information. This typically includes your name, address, and postal code.
3. Click the submission button.
4. Your details will be submitted for removal from the Abacus Alliance mailing lists.

This task is quick and should take just under two minutes to complete. It's an effective way to reduce unwanted junk mail in the UK.

ADDITIONAL INFORMATION



To remove a deceased relative from Epsilon's catalog mailing lists, call (888) 780-3869, and provide their full name, address, and date of death.

Have you had it with companies sending mini promotional products in the mail? There is a simple option to stop these unwanted items! First, look for any of these phrases on the envelope:

RETURN SERVICE REQUESTED
FORWARDING SERVICE REQUESTED
ADDRESS SERVICE REQUESTED
CHANGE SERVICE REQUESTED

If any of these phrases are present, simply write **"REFUSED, RETURN TO SENDER"** on the unopened envelope and pop it back in the mailbox for your mail carrier to send back.

Mail sent to "**Resident**," "**Current Resident**," or "**Current Occupant**" CAN be refused if it contains one of the above endorsements, or if it is sent in First Class Mail.

Finally, Take Action!

You can take action against unnecessary, wasteful junk mail by emailing the USPS Postmaster General's office in Washington. Let them know you don't want to be forced to receive unsolicited mail, and that you would prefer to choose what mail you do and don't receive.

Email the Postmaster General directly at pmgceo@usps.gov

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