# "Creating SPACE - Restoring ORDER"

## How do you feel about New Year's Resolutions?

ORGANISED CHAOS

# Dear Friends of Organised Chaos

Welcome to the January edition of **Chaotic Times**! I'd like to wish all my readers a **VERY HAPPY NEW YEAR**.

## Did you make a New Year's Resolution?

If so, had you planned it and thought about it?  Or did you come up with something spontaneous just as Big Ben was ringing in the new year?  Did you choose something that's a huge challenge?  Or something that's more easily achieved?  Will you manage to hold your focus for the entire year?  Are you liable to get put off when the going gets tough?

## Or do you avoid them like the plague?

If so, then you're more like me.  I've generally avoided committing to New Year's Resolutions through fear of not succeeding.  For me it felt as though setting that resolution brought with it a sense of obligation - forcing myself to do things that sometimes just didn't feel right.

**Want to declutter in 2015?**

**The good news is you don't NEED a resolution!**

**I'm going to share an approach that works with your natural instincts - rather than forcing you into something that doesn't feel right and just won't work for you.**

**Assuming you want to declutter for 2015, here's the 'resolution' approach followed by my 'alternative' approach.**

## Option 1 - Resolve to declutter!

You make a commitment at the beginning of the year. You start in January, full of enthusiasm. You might fill a few bags and feel quite enthusiastic.

Then you'll come across things you *know* you don't need - but that you just can't part with. Suddenly you realise you've got lots of things you just feel obliged to keep - for no apparent reason. Even the thought of taking them to a charity shop makes you feel emotional, tearful, even. You try to convince yourself you're OK with the status quo. You can't face doing any more decluttering - it's too upsetting. All the time you're beating yourself up for being so useless.

You give yourself a break for a week or two. But it doesn't matter how long you leave it - every time you hit the same brick wall.
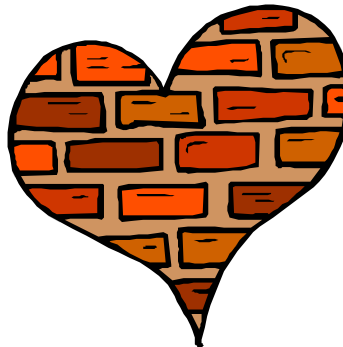


## Option 2 - You treat yourself gently

You accept you're human and that it took time to accumulate your clutter. You know that some unwanted items seem to have a mysterious hold over you, and you become curious.

Because you're not under any pressure, you allow yourself to explore these connections. You get upset, but instead of shutting down you follow the feelings to gain an understanding of what is going on.

Allowing each item to 'tell it's story' helps break the bonds. You find yourself able to part with lots of things that no longer serve you, either in a practical sense or from an emotional perspective.

This becomes a life long practise. Your sense of liberation continues to develop and grow.

## My intention for 2015

I haven't set any resolutions, for the reasons I mentioned earlier. However, I have set an intention for the year,

**"2015 will be my year to shine!"**



In line with my intention I want to work with even more people who feel stuck with their decluttering.  I want to share techniques that you won't read about in decluttering manuals.  I want you to appreciate that decluttering is as much about emotions as it is about the stuff itself.

I am currently putting together a **workshop** with a limited number of places and will send out more details soon.  If you attend, I guarantee that afterwards you will be viewing your clutter in a completely different light.

*Best regards,*
*Judith*

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