

# Chaotic Times

Organised Chaos Newsletter

"Creating SPACE -  
Restoring ORDER"

Issue 53 - July 2013

7 things - just the beginning



# Dear Friends of Organised Chaos

Welcome to the July edition of **Chaotic Times!**

Last month I featured my own attempt at the '7 things in 7 days' challenge. Since then I've been joined by others on [Facebook](#) sharing their 7 items and reasons for decluttering.

Did *you* give it a go? If so, I would love to hear how you got on. You don't have to be on Facebook. Just e-mail me a list of your 7 items with as much or as little additional detail as you like.

I've found that I've kept up the momentum here and several more items have gone since I finished the challenge. I'd love it if you could take part and spread the word amongst your friends too!

I've been amazed at the huge variety of items that people have chosen to declutter. Some have openly admitted that their items have just been taking up valuable space, not having been used for years.

## So how does this happen?

I can only guess, as I'm not an expert on brain function. Imagine if every time you arrived home you had to study every single item there in great detail. Your brain would be overloaded. Home is about safety, security, comfort and familiarity. It's where we can be off-guard, where we can relax.

So, things that have been in your home environment for months or even years don't really *claim* your attention. They blend into the background and more or less disappear from view.

## How the '7 things in 7 days' challenge can help

Once you have set your mind to declutter 7 things, you begin to scrutinise the contents of your home. You move things around on shelves, you root around in the back of cupboards . . . . .

In short, the *invisible* becomes *visible* and this nudges you into taking some decluttering action.



Items shared have been varied, to say the least!

Some great pics, and better still, fantastic insight as to why these possessions were no longer needed.

I'm on a mission to inspire you to take part in the challenge, so I thought I'd share what others have seen fit to declutter, in the hope that it might strike a chord or two!



Ellen concluded that her efforts to be kind to the planet had caused her to hoard pre-used envelopes and jiffy bags. Her challenge brought her to the realisation that she hardly ever sends anything by post!

This was Day 4 for Frances on her challenge. She says that these items had been in a box in her loft for 10 years. Although she'd obviously liked the things at some point she now felt they could go.



It's amazing how cables, leads, chargers and the like can end up looking like a heap of spaghetti!

Often these items are kept long after the gadget they powered has been replaced.

One lady was brave enough to send this lot to the tip!



I've saved the most intriguing item for last. Yvonne is a cat lover. Even she's not sure why she had this bone-shaped plastic dog toy! However, she's confident she can re-home it with dog loving friends!

**So, are YOU ready to give it a go?**



I challenge anyone to not find 7 things in their home or office that they really no longer need. Make the commitment to yourself and I think you will be pleasantly surprised.

Send me your text and photos either via my [Facebook page](#), or if you're not on Facebook, then please do e-mail me.

Pass this on to friends and family, let's see how many people can complete the challenge! Finally, huge thanks to everyone who has already taken part - I've appreciated your willingness to share and am excited to find out where you will take this . . . .

*Best regards,  
Judith*

**t:** 01327 705294

**e:** [organised@judithmorris.co.uk](mailto:organised@judithmorris.co.uk)

**w:** [www.judithmorris.co.uk](http://www.judithmorris.co.uk)

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