

Chaotic Times

Organised Chaos Newsletter

"Creating SPACE -
Restoring ORDER"

Issue 65 - July 2014

Feeling stuck?



Dear Friends of Organised Chaos

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

Whilst I enjoy writing these newsletters, and hear from some of you that you enjoy reading them, I have an awareness they will influence only a small percentage of you.

Sometimes, simply *reading* about a subject is just not enough.

Would you learn to swim from a 'how-to' book? I suspect not!



This month, I want to address those of you who feel that decluttering still doesn't come easily; those of you who sometimes make a start with the best intentions and then run out of steam; simply put, those of you who feel overwhelmed.

I know from experience with my clients that not knowing where to start is a common problem, also, maintaining momentum. But if I were to ask myself what word I hear most from clients, it's "overwhelm." So, if this applies to you, I hope it helps to know that you're not the only one.

Feeling 'better' is one thing, knowing how to get out of that feeling of overwhelm and take action, is quite another.

Of course each of us has a set of natural skills and preferences, but that's not to say that these things can't be changed, at least to some degree. If you're willing to change, then in my view, that's half the battle.

For instance, I used to be painfully shy - now I have got to the point where I enjoy giving talks about my work.





Time to dive in?

Oh, keeping the swimming analogy! What I'm saying here is that there are people (and I suspect I'm one of them), who will read instructions and 'how-to' manuals on challenging subjects until the cows come home. They never start the project, because they feel they're not quite ready. They don't think they know enough to do whatever it is, yet! Maybe they fear failure because they tried to do this once and it didn't work out?

Does this sound like you?

If it does, my advice is to take the plunge - yes, go on - just do it! Sometimes the only way to make progress is to deny those nagging little voices that are saying it won't work, or will be a waste of time. Once you realise that this is your self-saboteur at work you can maybe come up with ways to outwit that negative voice and take positive action.

Inner critic won't shut up?

The 'job' of your inner critic is to stop you doing anything out of your comfort zone. So, it's not intrinsically nasty, all it wants to do is keep you safe.

However, in your heart of hearts, you know that sometimes you need to take a risk, do something challenging and/or scary to remind yourself you're alive

My suggestion? When your logical mind briefly has the upper hand - ring me! That's right - RING ME! Here's my number 01327 705294. If that feels too risky, what's the alternative? Listening to your inner critic forever?

Which do you prefer?

- | | | |
|--------------------------|----|-------------------------------------|
| It's too difficult | OR | I'm ready for the challenge |
| I'll get emotional | OR | I'll feel better if I tackle things |
| I'm too tired | OR | Decluttering will boost my energy |
| It didn't work last time | OR | This time I will ask for help |



What's stopping you?

I can help you with your personal answer to whatever it is that's stopping you from decluttering your life and claiming more space. Space to live in, space to think in and space to relax in.

Are you ready? I am - call me today!

*Best regards,
Judith*

t: 01327 705294

e: organised@judithmorris.co.uk

w: www.judithmorris.co.uk

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