

# Chaotic Times

Organised Chaos Newsletter

"Creating SPACE -  
Restoring ORDER"

Issue 52 - June 2013

7 things in 7 days!



# Dear Friends of Organised Chaos

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

This month is all about how to kick start your decluttering and I will be sharing an exercise that I recently trialled on my Facebook page. If you are one of my 'Likers' don't worry, I will be giving you additional content here in the newsletter. Of course, you've also got a head start over everyone else!

I recently decided to set myself the challenge of decluttering seven things in seven days and to share the results on my Facebook page. Seven items may not sound like much of a declutter, but the idea is that it opens the mind to even more decluttering opportunities.

So, I'm going to share with you my choice of items, why I chose to declutter them, and also something about the significance of each item.



**Item 1** is a **small matching china jug & bowl**. These were given to me a few years ago. Although they look lovely, they don't really 'fit' in my house and I'm never likely to use them.

Parting with gifts can be quite challenging. All I can say is that you have to focus on what *you* want in your own home.

Obviously, do your best to be tactful about this activity! But realistically, do you remember gifts you have given to friends and family? After a few months, I would certainly struggle!

Consider for a moment, if you give a gift, surely you would not expect the recipient to keep it when it has outgrown its usefulness? Or, if they really didn't like it?

Don't mix up loyalty to people - with loyalty to things. The gift, whether wanted or unwanted is just a 'thing', nothing more. It might be a token of love, but it is not love itself. Let go of the guilt.



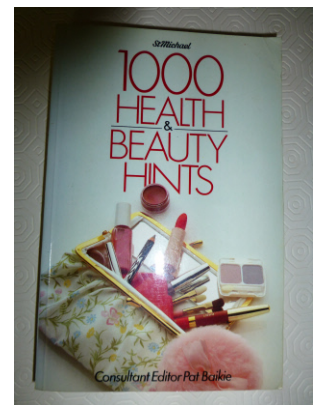


**Item number 2** is this **toy koala**. If I'm honest, this was probably the hardest item to part with. I won it in a colouring competition when I was about six years old.

The only reason it had to go was that he/she was losing handfuls of fur! I was worried that eventually I would be left with a bald koala! The ravages of time often take their toll on cherished possessions.

I decided the koala had to go because I couldn't stand the thought of it simply falling apart. I now have this lovely photo to remind me of my former talent with crayons. What have you kept for sentimental reasons that has deteriorated to the point where it makes you feel sad?

This **book of health & beauty hints** was a relatively easy declutter, for **item number 3**. I've had this book for a long time but haven't looked at it for ages. Sometimes rarely used items just disappear into the background and fail to get picked up by your decluttering radar. Don't forget to check out every nook and cranny!



**Item number 4** is a **Moulinex ice-cream maker**. There's nothing wrong with it, but I simply don't have the time or the inclination to make my own ice-cream any more. It's taking up valuable cupboard space in my kitchen, so it's time for it to go. I will probably try to sell this locally for a few pounds.

**Item number 5** is a **necklace of black beads**. I can't remember when I last wore this and it's actually shorter than when I bought it due to an accident when the thread broke. This is similar to the book, in that it had been lurking at the bottom of my jewellery box - hoping not to be discovered! It's easy to have virtually no awareness of some possessions that have been kept. Familiarity, and all that!



**Item number 6** is **two decorative plates**. This is another emotional declutter for me. I was given these plates 24 years ago when I was a bridesmaid at my sister's wedding.

This year my sister has parted from her husband. Recently, I realised that every time I look at these plates, I am reminded of the challenging relationship I had with my brother-in-law.



For this reason, the plates must go.

It is very easy to hang onto things which are full of negative associations. Often we just don't realise. Our conditioning tells us that certain types of occasion are happy, and must be remembered. Don't be fooled, go with your own gut instincts. If you have things which evoke sad or unhappy memories, try to let them go - notice how much better you feel as a result.



Finally, **item number seven** is this **bold patterned top**. I've had this for a few years now and bought it because I loved the striking colours. However, I hadn't realised that the low cut neck just didn't suit me.

What's lurking in your wardrobe that you hardly ever wear? Do you have pieces that you wear from time to time, even though you know they don't suit you? What's stopping you from looking your best?

I'm hopeful that this top will find a new home with someone who has the cleavage to do it justice!

On the last page of the newsletter, a quick summary of the items, why they're going and how they're going!



## **7 items in 7 days - decluttering challenge - summary**

### **1 - Jug & bowl**

Unwanted gift - doesn't belong - take to charity shop

### **2 - Toy koala**

Much loved childhood toy - falling apart - wheelie bin (gulp!)

### **3 - Beauty tips book**

Bought many years ago - not used for a long time - charity shop

### **4 - Ice-cream maker**

No longer useful - taking up valuable space - try to sell locally

### **5 - Necklace**

Bought many years ago - not worn for a long time - charity shop

### **6 - Decorative plates**

Bridesmaid gift - too many negative associations - charity shop

### **7 - Patterned top**

Loved the colours - rarely worn due to neckline issue - charity shop

Well, I sincerely hope this example inspires you to do your own '7 items in 7 days' challenge. I would love to feature readers' items in a future newsletter. Please get in touch if you're interested and want some help.

*Best regards,*

*Judith*

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