

Chaotic Times

Organised Chaos Newsletter

"Creating SPACE -
Restoring ORDER"

Issue 49 - March 2013

Run out of decluttering steam?



Dear Friends of Organised Chaos

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

Are you someone who knows deep down that it's time for some really serious decluttering?

For all those of you who answer, "yes!", there will be nearly as many who say "yes, but" In other words, you're finding it hard to get started. Maybe you did start your decluttering project, but after a while you lost your enthusiasm and the job's not finished?

Lots of my clients have found themselves in this very situation. Unfortunately, running out of steam like this can provoke a whole new chain of negative thoughts and feelings.



This is such a shame. Decluttering is known to be a feel-good activity. It can boost your mood and increase energy levels. It can also become quite compulsive!

I'm going to share some tips with you to help you break through that 'stuck' feeling.

How you can finish a decluttering project - and not run out of steam

Not all these tips will be relevant for everyone. It really depends on what kind of person you are, and what your decluttering challenge might be. Think of this as a toolbox - take from it whatever you need.

Manage your expectations:

If it took a long time to accumulate all your clutter - then with the best will in the world, you won't clear it in a weekend!

Why are you doing it?

You'll be more successful if you have a powerful and personal reason for decluttering.



Plan it!

Don't start decluttering by accident! Set an intention and know what day you will be starting. Be realistic about how much time you can spare.

Things will need to be moved around. This is much easier if you can put them into another room on a temporary basis.

Have an idea what you want your room to look like when you've finished. More to the point, what will it feel like to be in that room?

Write it down!

If you're worried about not finishing the job, then you need to make sure you don't lose sight of your motivation.



Maybe you want to invite friends for dinner? Get a large piece of paper and write on it - "cook dinner for my friends". Stick this up on the dining room wall. Every time you feel like giving up - your poster will be there to spur you on to success.

Peace and quiet - or not?

You may need to spend several hours in your cluttered room before you've achieved your goal. Think how you work best. Do you like peace and quiet with no distractions? Or will that just send you to sleep? What kind of music do you find energising? Whatever that might be, play it whilst you work!

Clear the big - make room for the small

If you can identify one or more bulky objects you no longer need, then you will free up space in your room to enable sorting of smaller items.

Sort, sort, sort!

Categorise all the stuff - that way you make *informed* decisions.

How I can help

If decluttering seems like a lonely job - then I can recommend membership of [Facebook group, Make Space for You](#). This group is run by me and lifecoach Clare Wildman with the aim of helping members to declutter. There's lots of free resources and members support each other in their own decluttering challenges.

If you need someone to keep you on track, then I can do this! The difference between me and someone like a friend or relative is that I have no agenda - other than wanting you to achieve your decluttering goal. It doesn't matter to me what you decide to keep or what you decide to part with - or why.

For a long-term project, many clients book a first session with me then work on it themselves for a while. We keep in touch by phone and I go back for a second session when they feel they've become 'stuck'. The process is informed by how you feel and what you want to achieve. Some people prefer to do things gradually. Others want a 'blitz' style approach. The main thing to remember is that the right way is the way that works for you.

Well, I hope that helps, and look forward to your feedback,

Best regards,

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