

Chaotic Times

Organised Chaos Newsletter

"Helping you to
clear clutter and
feel -

Better!"

Issue - August 2012

'Declutter with our Facebook group'

Dear Friends of Organised Chaos

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

Would you like the opportunity to join a like minded group of people dedicated to clearing their clutter?

For some time now I've been working closely with Clare Wildman, a life coach based in Bletchley. Together we've established a [Facebook group](#) that helps members deal with their clutter in whatever way is appropriate for them. We want members to create space in their lives and reap the benefits!



Each month we have a specific topic for our members. Clare and I post weekly documents with hints and tips for practical solutions as well as a variety of techniques to help get you in the right frame of mind.

As part of this group you'll no longer have to tackle stuff on your own. Members are encouraged to give each other lots of support and encouragement in their various decluttering projects.

You can ask us questions, tell us your frustrations, and share your successes. Our members are discovering that this is a great tool for getting them motivated and enthusiastic about shifting that clutter.

Best of all, membership is completely FREE!

Simply click [here](#) and apply to join the '[Make Space for You](#)' Facebook group.

You won't have missed a thing - all previous documents are fully accessible to new members. You can catch up at your own pace.

To date we've covered: the aftermath of Christmas, bedrooms, spring cleaning, handbags, getting organised for holidays, and garages! This month's topic is habits



We now have 20 members, well 18 actually, if you don't count Clare and me!

They say that a problem shared is a problem halved, and I'm sure this must apply to the subject of decluttering. Our members know they have online support whenever they come up against something challenging, something that's stopping them achieving their decluttering goals.

Most of the discussion is around the topic of the month, but we like people to be spontaneous, and have even had members sharing ideas for storage products they've discovered. Cheaply priced Tesco storage boxes (below) have been used for storing jewellery - this means all those fiddly little individual boxes can go!



The lady who discovered these boxes is really chuffed that her jewellery is now neatly organised and easy to find.

We've also seen photos of beautifully clutter free bedrooms and shelves, posted by their rightfully proud owners.

Clare and I have been delighted to witness a shift in attitude as well. One lady likened decluttering to going on a diet, which we thought was very apt.

"I have decided this decluttering is like dieting. We are shedding stuff instead of losing pounds but still feeling lighter as a consequence, if you see what I mean :) making ourselves feel better too."

'Make Space for You' member's quote

We're loving this space of shared learning and development.

Another bonus has been simply to raise awareness about what actually constitutes clutter. This changes a person's focus, often with surprising results.

How amazing that one member couldn't decide how to start her much needed garage declutter. Then a friend paid her a visit. It turned out that an old and unused cupboard that was stored in the garage was just what the friend needed to get her garden shed organised.

Clare and I love it when we get a win-win solution!

So, why not take a look at '[Make Space for You](#)'?

You've got nothing to lose - except your clutter, of course.

Well, I'm looking forward to welcoming some of you as new members, very soon. Of course if you want to know more about the group, please do get in touch.

*Best regards,
Judith*

t: 01327 705294

e: clutter@judithmorris.co.uk

w: www.judithmorris.co.uk

follow my blog on: <http://clutter-free-mind.blogspot.com>

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