

Chaotic Times

Organised Chaos Newsletter

"Helping you to
clear clutter and
feel -

Better!"

Issue - February 2012

'The declutter diet!'

Dear Friends of Organised Chaos

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

I was asked recently to present a 10 minute talk about decluttering. This obviously required me to be brief and meant I really had to focus on the essential points.

I could easily talk for hours on the benefits of decluttering, but on this occasion I wanted to come up with the absolute key to the entire process. Decluttering in a nutshell, if you like.



It occurred to me that one thing 99% of my clients have in common is that when they first contact me they tell me they've been unable to declutter, because they simply didn't know where to start.

Maybe that's a familiar problem for you?

The glib answer to that is that it really doesn't matter. A more considered answer, is to start in the room or area which will give you the most satisfaction. In other words, which room is currently causing you the most stress, annoyance or frustration? Well, start there then!

I guess with most clients that it's not simply a case of not knowing *where* to start, it's also a case of not knowing *how* to start.

Imagine you want to lose weight. Imagine also that you have no understanding of the connection between diet and exercise and your excess weight.

Do you think you'll lose the weight?

Unlikely - I would suggest.



Decluttering could be compared to putting your home or office on a strict diet!

At one level it's about restricting intake and looking at bad clutter habits. Where the dieter has to learn to resist snacking on chocolate, the person who wishes to declutter has similar tough choices to make.

This will involve looking at personal habits.

For instance, maybe you subscribe to magazines and/or professional journals that you don't have time to read. It might be time to cancel the subscription, or at the very least declutter those back issues.



I understand the reluctance to part with glossy magazines which are considered to be packed full of useful information. But, be honest, would you actually remember which issue contained the information when you needed it? These days you can probably find it more quickly online anyway.

Of course there are other habits which you might find are counter productive to your desire for a clutter-free lifestyle.

Here's a few to consider:

- ◆ Do you always put your junk mail straight into the recycling - or leave it lying around?
- ◆ When out and about - do you collect leaflets and free literature without even thinking about it?



- ◆ Do you keep things "just in case" which in reality you no longer have a need for?

If you've answered "yes" to any of those questions, then it might be time to start your diet!

Well, as any dieter will tell you, it's all very well changing your bad habits - but in order to shift those stubborn pounds or kilos, a bit of additional effort is required in the short term.



When you decide to address the issue of your accumulated clutter it is vital to give yourself enough time.

Make sure you can spend at least 1 hour without any kind of interruption. It will be time well spent.

You will begin hesitantly, but as you get into the swing of it, the process will speed up.

As you begin to see the results of your labours - clear surfaces, more space in your room, piles of things ready to take to the charity shop - you will be inspired to keep going.

Again, reminiscent of the dieter who after a week or two of deprivation realises that the weight is coming off. Results make the effort worthwhile!

Well, I hope this inspires you to get stuck in. If you feel you need some support as you go along - don't forget my telephone consultation service or Facebook group 'Make Space for You' run jointly with Clare Wildman, life coach.

*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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