

Chaotic Times

Organised Chaos Newsletter

"Helping you to
clear clutter and
feel -

Better!"

Issue 23 - January 2011

'Getting enthusiastic about decluttering'

Dear Friends of Organised Chaos

Welcome to the first 2011 edition of **Chaotic Times**! I'd like to start by wishing you a very happy new year.

There's something about this time of the year that makes us all rather introspective. We look back at our achievements of last year and we begin to hope for better things in the new year, which has just begun.

I think this is a particularly good time to consider how you feel about your personal space; whether it be your home or work environment.



Since everyone is hopefully still feeling the positive vibe of a brand new year; I want to recommend an extreme approach to decluttering. This is not for the faint hearted, but I know it will appeal to some of you.

I'm sure there are people reading this newsletter who have been prevaricating for months, maybe even years, over their muddled living or work space and who have not even been able to start their decluttering project - let alone finish it.

I want to tell you that the reason for your prevarication - is the clutter itself! If you live in a muddle, then it's a fact that you will struggle to think clearly and make proper decisions.



That may sound shocking, but just think - how do you like spending time in your most muddled room? How do you feel when you're in that room? If every room in your home is like that, do you feel more at ease in the homes of family and friends?



My suggested project for the month, is to declutter your *worst* area, and aim for minimalism. You've been living in an extreme of untidiness - why not try the exact opposite and see how you feel?

Be honest with yourself, there are lots of things in that room that you either don't need or you just don't like any more. So, ask yourself, why are you keeping these things?

If you have 20 ornaments on display - do you feel happier when you look at them? If not, then take them to a charity shop. Your shelf may end up with just a few ornaments - but they will be the ones that lift your spirits and have a special meaning for you.



If you're still struggling with this idea, try clearing the room and then imagine that you're starting from scratch. Which items would you "buy" back?

If you have possessions that you wouldn't look at twice in a shop - then you know what you need to do! You may find things you'd forgotten about, stuff that's been in your room so long you don't even notice it. Try to look at your room in the way a visitor to your home would see things.

Hated Jobs!

Everyone has jobs they put off. My pet hate is completing my tax return, but obviously I know it has to be done and there's a deadline. I've made things easier for myself by filing online and I make time to do this just after the Christmas break. When I've done it I get a huge sense of relief and also surprise, that actually it was much easier than I expected.



So, another trigger for you could be imagining how you'll feel when you've done the decluttering. The sense of satisfaction for one thing, not to mention being able to relax in your room. For many clients the reason they come to me stems from what they can't do - because of the clutter. It can rule your life - until you decide to take control.

Maybe you're the kind of person who responds to deadlines? In that case you need to set one! If your dining room has been out of bounds due to excessive clutter you could invite some friends round for a meal. Be honest with the timescale and this will be a real incentive to get stuck in. Even if your friends just come round for a takeaway, at least you've claimed back your dining room.



With a bit of imagination this trick can be used on any room. Your intention to use the room in a special way should be viewed as a celebration of all your hard work and motivation.

Throw a dinner party, invite friends to stay, go on - you deserve to enjoy yourself after all that hard work!

Well, this month's newsletter has been a bit different, I hope I've inspired some of you to get stuck in. What a fantastic start to 2011!

*Best regards,
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