



Say Goodbye to the OLD

Simple Guideline





It is necessary to address clutter before any positive changes can occur in your home. Clutter represents the past, regrets and delayed decision making in our life. It makes us stuck. By holding onto something, you prevent new opportunities, ideas and abundance from coming into your life. It also has an impact on your physical, mental and emotional wellbeing.

We have all done it at some point of our life. We have held onto an item thinking to ourselves; I will wear it one day, I will fix it one day, I will the list goes on and on.

Your home should be filled with only things that you LOVE.

Look around your home and ask yourself the following questions:

Do I keep this item ‘Just in case’? If you do, it may suggest your core belief is that you are afraid that once you really need to use it, you will not have it or won't be able to afford it. This can point to a lack of trust in life and abundance.

Do I keep an item because it was a present from ...? If you keep something in your home out of fear of what the person who gave it to you might think if you got rid of it, then, you are simply giving your energy and power away. Unwanted presents drain your energy, try it for yourself.

What am I really collecting? I believe that collecting things goes deeper than just having cluttered home. It is the feeling of scarcity or clutter replacing what we really want. It can be part of a behaviour learned from childhood. A fear of not having enough, so you then go overboard and make sure you buy plenty of something.



Peaceful Loving Home

Is this item worthy of my energy? Before you purchase an item ask yourself that question. Every day you possess certain amounts of energy. This energy needs to be distributed between your daily activities which include shopping for new items. Once you bring the item home it will either simply take up space, drain you of your energy or give you a positive lift. The choice is yours!

What are **my** reasons for holding on to clutter?

What am I holding on to? What cannot I let go of?

Item	Reason why I have it	Am I ready to let go Yes/No



Benefits of having a clutter free home:

- Feeling more energetic
- Less stagnation and more opportunities coming into your life
- Being organised maximizing the use of your time
- Creating a loving home environment
- Encourages a clear energy flow
- Mental and emotional wellbeing
- More focus and clarity
- Enjoying the present and leaving the past behind
- Financial efficiency, being selective about what we buy
- It may feel like we have just lost few kilos as it is not weighing us down
- Improved health



Now you are ready for the journey that will bring a greater sense of freedom and excitement about the wonderful opportunities that await you. The rewards and benefits are far greater than the excuse of having a disorganized home.

1. Decide on one room at the time. Have a look around the room and notice where it may look cluttered or messy. This is the area to focus on.
2. Take small steps so you are not overwhelmed by all the emotions that may come up during this process. Give yourself a goal such as clearing one drawer a day. You will be amazed with your progress and with the result and you may even want to finish the whole room.
3. The main thing is to decide what you wish to keep and what needs to go. A good rule of the thumb is if you have not used it or worn it for more than 6 months , then its time to let it go.
4. Grab some tough garbage bags as they will be used for the items that you will either;
 - **throw away** (broken items or items that nobody can re-use)
 - **donate** (it feels great when you know that giving away your favourite item can make someone else's day)
 - **sell** (good old garage sale, markets or internet)
 - **recycle** (old magazines, newspapers, old moving boxes from the garage)
 - **move** (if you have things that belong in the kids room or in the living room then move them to that space. If other people have given you items to store for them in your home, then its time to ask them to take these items away.
5. Great so now you only have things that you love and would like to keep. I suggest purchasing a type of box that you really like (shape, colour, and design). It will keep you motivated to keep things nice and tidy.
6. Once you found the right storage box make your own labels with whatever will go to that box.



7. Now when you spend all this time and energy sorting your belongings it would be a shame not to keep it that way. It will be now easier to maintain it as you have done the hard work already. Spend a few minutes each day to place your cloths back into your closet and putting items where you want them to be. Look around you and see your home and your life with fresh you eyes and be ready for the magic!

Notes:

- write down anything that may personally help you with this process
- remember you are very powerful and this is going to make you even more empowered! GO FOR IT ☺



شكرًا

谢谢

謝謝您

Děkujeme vám

Mange tak

Vielen Dank

Σας ευχαριστούμε

Thank You

GRACIAS

Kiitos

Merci

תודה

Köszönjük

Grazie

ありがとう

감사합니다

Hartelijk dank

Takk

Dziękujemy

Obrigado

Спасибо

Tack

Teşekkür Ederiz