



Full Bloom Feng Shui
We Heal Homes

1014 S. Westlake Blvd., Ste. 14-289
Westlake Village, CA 91361
www.fullbloomfengshui.com
818-282-4282

3 Easy Steps To Clear Your Clutter

**Are you ready to clear the clutter out of your home
or office?**

Follow these three easy steps and you'll be amazed how much more peaceful and energized you will feel. Of course your space will look great, too!

Step 1

Sort each item into one of the following three categories:

1. Things I love and definitely want to keep.
2. Things I definitely will clear out of my space.
3. Things I am not sure about.

Don't let the items you are unsure about slow down your momentum. Toss it in the third pile and keep going. It is often the "unsure" items that cause people to get discouraged, lose motivation and give up on their clutter clearing. When you are done, you can go back through the unsure pile and sort again. You'll be amazed that when you go through it a second time, you'll find many things that you are now sure you want to get rid of and don't forget to have that 3rd pile when you go through a second time.

Step 2

Now that you have a number of things you know you want to get rid of, identify the options you have for disposing of those things. Some people are stopped here: they've identified what they want to release but don't know how or where so they end up keeping them. Don't let that happen to you. Here are several options to consider:

- **Sell it** – Be sure you are willing to go through the effort to sell it, now; not months from now. Have a garage sale, sell it on eBay, place an ad in a local paper, post it on Craig's List.
- **Give it to someone**– If you know someone that would love it, then go ahead and give it to them. They'll be thrilled to get an unexpected gift from you.
- **Lend it** –This is great for those things you don't want to give up forever, but you don't need or have room for right now. Loan it to someone who could use it. Be careful if you don't already know someone who could use it that you don't end up keeping it under the guise of finding someone to lend it to. If finding the right borrower takes more time or effort than you are willing to spend, then consider the next option.
- **Donate it** – If it's in good condition, find a local charitable organization to donate it to. Schools, churches, clubs and other organizations are viable options along with Good Will, Salvation Army, the American Cancer Society and other well-known groups.
- **Recycle it** – Is it made of plastic, glass, aluminum, paper, or other recyclable materials? Is it a computer? Does it have batteries in it? If so, do the environment a favor and recycle it. Did you know that California law requires all stores that sell batteries to recycle them? So don't toss your batteries in the trash, take them back to CVS, Target, Von's or wherever you may have purchased them.

And finally:

- **Throw it away** – Is it outdated, worn, broken/not reparable? I use this option as a last resort so that my unwanted clutter doesn't clutter the environment but sometimes this is the only option so allow yourself to use this when needed to keep your home clear.

Step 3

To really clear out all unnecessary clutter, make sure that you are keeping only those things that are really necessary or loved. Below is a list of questions you can ask yourself about each and every item in your space.

- Do you love it now? This is different than “did you once love it?” If you no longer love it, maybe it doesn’t belong in your space.
- Do you need it/use it regularly? The word “Regularly” is subjective. Is it a seasonal or holiday item that you use year after year? If so, keep it. If it’s something you keep for “when I might need it” perhaps its time to let it go.
- Does it represent who you are in your life now ...or who you were in your past? If it represents your past you may want to release it and keep your past in your past not your environment.
- Does it support you and your goals by being in your space? If so great, if not, why are you holding onto it?
- When you look at it, do you get positive, happy thoughts, feelings or memories? Does it give you mixed feelings? You decide if it is more positive or not and that will guide you to keeping it or not.
- Does it need to be repaired and are you willing to do so? If not, then there is no reason to keep it.
- Would you take it with you if you were moving into your new dream home today?
- Does it represent what you are intending to manifest in your life?

Congratulations! Now you are armed with the skills you need to begin successfully clearing your clutter. Don’t wait, get started today to experience the energy of a cleaner space. Clear out three items today to get the flow started.

Think of your home or office as an over-weighted boat that’s skimming just above the water surface; the sooner you loose heavy cargo, the sooner the boat will rise up and move forward with ease on your journey.

GOOD LUCK AND ENJOY YOUR NEWLY CLEARED SPACE!