

# FIVE QUESTIONS TO GUIDE YOU TO REPELLING CLUTTER!

The secret to getting rid of clutter is to decide why you don't need it – ahead of time. The secret to living clutter free is to pattern your decisions and habits so that you naturally repel clutter effortlessly. Use these questions to bring focus to the life you want to live and it will be easy to recognize and repel the items and activities that don't belong.



**What makes me happy?** The daily demands of managing our complex lives often crowd out our own personal direction. Take the time necessary to answer thoughtfully, the more specific you are the better.

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

**How do I want to spend my time?** This critical step is often overlooked. You can lose and regain fortunes, lose and mend relationships, lose and regain health, but time is the one thing that is forever gone as soon as you spend it!



.....



**What gift of ease and calmness can I give myself today?**

Write down a few simple things that are easy to do that lessen in some small way the constant call for your attention. Perhaps a break from social media, turn off the television, go for a walk or take a bath. It is necessary to turn down the noise in our lives a bit so we can hear ourselves think.

.....  
.....  
.....  
.....  
.....  
.....  
.....

.....  
.....  
.....  
.....  
.....  
.....  
.....

**How do I picture my desired future?**

Be really specific! How do you spend your time, how much do you work, how do you dress, how happy are you, how healthy are you, what experiences do you want to have? Don't leave your life to chance, think about it, picture it, and create it.



.....  
.....  
.....  
.....  
.....  
.....  
.....

**Does the choice (item/activity) I'm considering bring me closer to my desired future or separate me from it?**

Here's where you can begin applying the knowledge you learned from answering the previous questions. Here's an example: Let's say you are discarding excess magazines. Would reading them add to your happiness? Are you willing to commit future time towards them.... how much time? Will they add ease or "noise" to your life? In your desired future are you truly enjoying them or getting them off the "To Do List". Your turn to give it a try:



.....  
.....  
.....  
.....  
.....  
.....  
.....



I chose these questions to get you thinking in a future focused way so you could start naturally repelling clutter. Clutter is often a past focused issue: things you thought you wanted, thought you would have time for, thought you would wear, thought would make you happy, thought you would use and so on. By becoming future focused you can start recognizing and allowing only the things in your life that fit your desires and easily discarding the things that don't.

Do you need some personalized help? Schedule a free mini session with me today. Making room in your life for the things that truly matter to you is a worthwhile endeavor that will only enhance and bring joy to your life.

I would love to hear from you, use this link to access my calendar.

This is important work. Your life is not waiting for you. Let's get together!

*The*  
*Clutter Free*  
*Coach*

