

MASTER THE CLUTTER

LESS STUFF, LESS MESS, LESS STRESS.



LISA WESTERMANN

5 Steps to a Mouth-Watering Freebie

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5 Steps to a Mouth-Watering Freebie

Hello Friend,

I've got the questions you can answer right now to help you let go of the stress and mess that comes with too much stuff.

But first comes love: There is no prize for most organized!

Remember this: You are NOT your mess, you are a completely loveable, amazing creation and no cluttered closet or scattered mess of any sort can ever change that.

Now, even though it won't make us more loveable that doesn't mean we don't want to simplify our lives and let go of some of the mess and stress.



Maybe you're trying to find the feeling of peace that comes when the stuff you own is the stuff you want and it easily fits in the space you have. You know the other way right? Stuff you used to want stuffed in places you don't remember taking up the space you'd like to put the stuff you want now....or even better, you just want some space.

Some of the common questions and suggestions so often recommended (Have you used it in the last year?, Would you buy it again?, Get four boxes and label them... you know the drill) didn't work for me. Of course, they make total sense, but here's the thing; if my brain operated sensibly then I wouldn't have collected the wealth of items I had to work at getting rid of!

Sound familiar? I wanted the clutter gone faster. I wanted less overwhelm. I especially wanted to stop moving the piles from one place to another. If the clutter doesn't go **out the door** you won't ever get the results you desire. I needed better questions. You know this right? You ask yourself better questions you get better answers.

My questions maybe a bit tougher my friends. They eliminate some of the options and wiggle room that create indecision and keep your home overstuffed. Answer

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them honestly, answer them quickly, answer them with action and you will be creating the **LESS STUFFED, LESS MESSY, LESS STRESSED** home you deserve and crave.

XOXO

Lisa Westermann

Creator of TheClutterFreeCoach.com.

#1: Where will I create SPACE in my home?

(Closet, cupboard, nightstand, bathroom, table, drawer, counter, purse....you get the idea.) Some experts suggest you have a plan or a vision for your ideal space. I think that's great too, but the fact is if you have **too much stuff, the only plan to start with is to make space!** Create an empty shelf in a bookcase (at least almost), a drawer that's not filled to the brim, a few deliberately empty hangers in a closet, a cabinet you can see clear to the back of and so on. It is in our nature to store and keep everything we can fit in (and then some). Your goal is to **create space on purpose.** I want to warn you....once you find some space....guard it like the treasure it is!

#2: Should this item be put away or given away?


This is **THE** question. You already know this, but I'll just remind you....if you really want to clear things out you need to have a lot of your answers be "giveaway". I only recommend one of two actions here: **Put away or give away.** And by give away I mean trash or Salvation Army or similar. If it has needed repaired longer than 2 months, if you regret buying it, if you have another you prefer, if you have too many duplicates (lotions, potions and kitchen stuff usually reign here), if it's too time consuming to maintain....let it all go. If you don't want to remember it, wear it, look at it, clean it, read it, store it, or take responsibility for it ever again...let it go.

#3: When will I drop off the giveaway items?

Put your items in the front seat of your car and on your next trip anywhere, **DROP'EM OFF!** Sorry to shout but it's so important.

- Your bag or box or whatever doesn't have to be full.
- You don't have to have decluttered your whole house.
- You don't have to organize your giveaway stuff.
- Just drop it off asap!

Write this on your calendar or at the top of your grocery list: DROP OFF GIVEAWAY ITEMS. Sometimes this simple step is strangely challenging so don't overlook it or think it's too stupidly simple to matter. Your clutter isn't gone until it's **all the way**



gone. If you've been know to haul your "giveaway" pile around for months then ask someone to drop it off for you. (I speak from experience.)

Here are the questions again:

1. Where will I create SPACE in my home?
2. Should this item be put away or given away?
3. When will I drop off my giveaway items?

Don't overcomplicate this dearhearts. Just declutter for now...create space and please don't organize. Honestly, when you don't have so much stuff and you put it away there's nearly as much "organizing" left to do.

YOU CAN GET MORE OF "LESS" BY STAYING
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