

The Clear Your Clutter Challenge: Week 2 Transform your Spaces: Transform Your Life!

Congratulations!

You made it to Week 2! Keep the good habits that you built last week. "Start leaving 10 minutes before you think you need to leave, place your necessary items in the same place every day...refer to week one

Clutter Free Living ~ Good Habit Building:

The Goal: make it a body habit to stay organized. It will be sort of like learning a new dance step.

With 10 minutes 'stolen' from bits of down time in your regular routine you can stay ahead of the clutter. Try to add 1 minute of de-cluttering/organizing while you are in the bathroom, an extra 2 minutes of organizing in the kitchen, etc. Force yourself to do this...the payoff is HUGE!

Tools you will need this Week:

- **TRUST** ~ your most amazing tool! Trust will allow the abundance of the Universal Energy to flow to you exactly when you need it, which makes it easy to let go of things that you don't need. So breathe the inspiration of Nature and manage your spaces!
- **Courage** ~ you need heart not mind for this one! Do things quickly and don't look back. It goes back to TRUST: trust yourself that you are making a good decision.
- **15 minutes a day** to get ahead of the clutter; the small bits of time that you build in (referred to above as those 10 extra minutes) to stay ahead of clutter.
- **Resolve:** Give yourself permission to do this and then "just do it"! I know you can.

- **Decision power.**

[Patty Kreamer, Professional Organizer](#) says, "Clutter is just unmade decisions." When you *choose* something that may be draining your Life Force Energy, it's a lot different than just tooling along being drained. So decide...even if you decide to decide later. When you come across an item and you can't decide, put it in the 'can't decide bin' and move on.

- **This Question:** "Does it bring my energy up and empower me?" "Does it take my energy down and dis-empower me?" When you look at your stuff ask this powerful question. Wait for the answer from your body. Notice how you feel about this 'thing'. Then decide how you want to live...uplifted or drained? Keeping something that drains you will then be a personal and therefore more powerful choice. At some other time you may make a different choice but at least now you know the score...you'll be living from decision rather than default.

- **A trash bag/bin/box**

- **If you decide to tackle a larger project:**

- Labels, sharpie or a Label Machine
- Three bins or laundry baskets

Label these:

Donate, Discard, Decide Later

Warning: If it is NOT yours, DON'T throw or give it away. What do you do with it? Put it in a bin or box labeled with the persons' name and help them learn how to use the clutter-clearing skills. It will help you BOTH tremendously in the long run.

Where to Get Started This Week:

Day 1: Stairs and Hallways ~ Feng Shui sees these areas as the arteries of your home and they should be empty and clear ...clutter here will affect your health and quickly deplete your energy.

1. Remove everything from the stair treads. (If you think you must have something there, just move it away for this week and see if you feel any different).

Day 2: Behind your doors. Doors open you up to life's bounty and opportunities. Your Front door is the home's Mouth of Ch'i. Use this door daily and you're house will breathe fresh life into you and your lifestyle. This should open completely and onto a beautiful scene that says, "(your name here) lives here".

1. Remove all the stuff behind the doors and all the things hanging on the hooks. Force yourself to remove things each night before you go to sleep or each morning before you leave the room.
2. Bathroom doors are best kept closed.

TIP: Discard everything that you haven't used in 1 year, unless you absolutely LOVE it or have the time to love it.

If you hear yourself saying, "...just in case" know that you are affirming lack in your life. TRUST that you will have the resources, the item or the know-how to get the job done when the time comes.

TIP: What you live with owns you. If you don't think you can move it on, hire a Self-Storage Area (appropriately named).

When you have to write a check every month, you will begin to understand the COST that stuff has in your life's energy.

Day 3: **Kitchen** ~ Associated with your wealth, health and nourishment

1. Clear out your refrigerator of all expired items and all the things you haven't used in 6 months.
2. Wipe the shelves and the drawers and the tops and bottoms of the jars you replace into the fridge.
3. If you have time, or want to make time, do the freezer. Don't be afraid to throw things away. It's also wasted if it makes you sick and drains your health.

Day 4: **Bathroom** ~ Related to your Wealth. Clutter in here will diminish your ability to access your abundance.

1. Last week you cleared the bottles from the shower/tub. This week let's tackle the area under the sink.
2. Throw away anything that you haven't used or that is in disrepair. Wipe the bottom of the vanity if you have one and replace only what you use. If you bought shampoo 3 years ago and were holding on to it in case you ran out, move it on or throw it away...it's draining you.
3. Make sure that your plumbing and fixtures work perfectly. If you notice a leak or rust, put it on a list for a repair person and clean it up.

Day 5: **Bathroom again** ~

1. Take a look at your shower curtain if you have one...put it in the washer with a little bleach (check the tag to make certain that it's okay to do this without harming the curtain). After it's washed, you can put a vinyl shower curtain in the dryer on low heat and then re-hang it. If there is mildew or mold, replace it with a new one.
2. Towels ~ take a good look at your towels. Are they in good repair? Do you have a matching set of towels? Do your towels make you feel spa-like when you use them? If they are frayed, cut the fringes off and put this on your list of things to treat yourself with: new and matching towels. You'll feel so good!

Day 6: Dining Room ~ Possibly another big job.

You might think this will be easy and it may, but chances are that you have many more dishes than you actually use, or many more knick-knacks or photos than is actually contributing to your health. This is where we get lost in our memories and sometimes stopped in our tracks because we can't seem to find a 'good home' for the things we loved...place those things in a "decide later" bin and keep moving so you can enjoy the rest of the day.

Try these tips to clear your dining spaces:

1. Photos and artwork should be happy, uplifting and easy on the digestion. Feng Shui recommends against abstract artwork as it is unsettling to our systems and makes food harder to digest. Our good digestion is imperative to receiving nourishment for our health.
2. Family photos of happy times are usually good here but make sure that you don't have too many as it will be confusing. Rotate your photos for the best Feng Shui energy and display only 3 or 4 at a time. (Where do you put the rest? Store them in a place of honor, well-marked and nearby so you can access them often) Also, make sure that all the family members are represented in the photos. Often if you are the photo taker, you won't be in the picture and remember: everything matters so get someone else to hold the camera and put yourself squarely in your family's life.
3. Linens: move out any that are tattered or stained. This is important in feng shui because you want to increase your sense of wealth and nourishment while you are eating.
4. Collections are sometimes displayed in the dining room. Too much is disruptive so treat these same as photos and rotate your collections as the Museums do. It keeps the energy fresh and alive. Store the rest neatly and well marked so you can use and love them too.
5. Are the chairs comfortable? Although this isn't a 'clutter' issue, if they are not comfortable, think about moving them on and replacing them. It will be so much better for your health and digestion and relationships. If they are comfortable, do you love them? Are they clean?
6. Clean the draperies, the sheers, and especially the windows! Windows are the eyes of your home. Make sure you are able to see clearly.

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7. Clean the chandelier. Change the light bulbs or at least, when they are cool, wipe them completely. They gather dust and look so much nicer when they are clear.

8. Mirror in your dining room (or anywhere). Is it clean and clear? Smokey mirrors, antique but splotchy mirrors, mirrored tiles are all negatives in Feng Shui. You need to be able to clearly and the bigger the mirror the better. Make sure you can see your entire head. What is the mirror reflecting? If it's not wealth, health and happiness, replace it with a beautiful piece of art or a framed print (remember: not a sharp abstract).

8. Clean the carpet...or at least spot clean it and use baking soda (without the scent...just plain old baking soda) to absorb the smells. Vacuum it up and voila, a fresh carpet until you can do a better job. (Have extra vac bags on hand, what you put down will be as heavy as what it picks up.)

Day 7: Getting rid of Mental Clutter

Get this: It has been calculated that we each think between 60,000 and 80,000 thoughts per DAY! And that 75-95% of those are the same ones we thought yesterday and the day before and the day before.

Your thoughts are creating your life. What's around you is creating your thoughts. Listen to the thoughts your mind is thinking: is it what you want to be living with? Peace? Harmony? Acceptance? Trust? Allowing?

When you notice that you are thinking a self-limiting, self-deprecating, or negative thought: Change your Mind. Have a ready thought that is happy and uplifting to replace it with such as:

"Every day in every way I am getting better and better"

or try this:

"People Love to Give me Money" *or*

"I flow smoothly and lovingly through my day; everything lines up to support me to be my best."

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When in traffic, just saying "smooth easy flow" over a few times with a smile in your heart calms your mind and really does loosen up the lines!

REST! You have earned it!

This evening, plan your week, and get ramped up for MORE life affirming clearing next week!

Email me with ANY questions, comments or concerns!
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All my best,

Fawn