

Spirit Level Success™ System - Six Secrets of Self-Esteem

Secret #3 SPACE – Week 6

S.O.R.T.E.D.™ - DeClutter

The **D** in **S.O.R.T.E.D.™** stands for **Declutter**. When did you last take a *really* good look at the clothes in your wardrobe? If you go and open the doors and take a really good look at what you currently wear regularly, against the amount of clothes you have in there, if you're honest with yourself I'd guess that you are only wearing about 20% of your clothes regularly.

Want to test out that theory? For the next week or two, each time you finish wearing an outfit, place those clothes at one end of the wardrobe, and after a week or two, you'll have a really clear indication based on how much room is taken up by those outfits (and how often you go searching through the other 80% of your wardrobe).

Do you have the kind of wardrobe where even if the hanger wasn't there, the clothes would still stay in position by themselves, they are so tightly crammed in?

If that is you, please make it a priority to declutter your clothes.

When there is no room for air to circulate amongst your belongings it becomes stagnant, and when it becomes stagnant, it begins to affect you energetically.

Start by deciding what you want to achieve, and then break down the task into bite size chunks that feel manageable. There are strategies you can use to help you to declutter, so use whichever one works best for you eg

- set a timer for a fixed period of time to declutter (around 10 – 15 minutes to start with until you know what is comfortable)
- decide on a number eg 10, and work until you have found that number of items to let go of and put in the charity bag
- building on the above suggestion, if you have a family you could have some fun and have a race to see who can collect that many items first – with a treat for the winner
- pick a specific area to declutter such as a drawer or a shelf, and continue until you've finished

Never be tempted to empty everything out into the middle of the room – you will find this completely overwhelming and will then highly likely give up very quickly. Baby steps are what counts here.

Whichever way you choose, stay hydrated and nourished and make it as fun as you can do, with plenty of fresh air, frequent breaks and your favourite music playing.

Then sort your items into 3 piles to 'keep' and 'let go of' and the ones you're 'not sure' about, knowing that anything appropriate can be binned or recycled as you go along. For those items you wish to keep, organise them in the most effective way for you. For anything you're not sure of, give yourself some breathing space – and place these items somewhere they are still accessible, but out of sight. Give yourself a time frame of say 6 months, and at the end of that period, take another look at those items. You will likely feel less attached to them, and if you haven't wanted to wear them by now, chances are you won't so you can feel ok about letting them go.

For anything you wish to let go of, once you decide what is most important to you in the process of letting go, this will help you work out the most appropriate method of disposal. Do you need the cash? (garage sale, car boot, on-line auction) or is altruism and giving back more important to you (charity donation).

**Which method described above do you think will work best for you?
It's OK if it depends on the items.**

Where would you like to start most? Eg which area will give you the biggest pay off by starting there?

Now step away from this Secret, and do some actual clutter clearing. Even 5 minutes, or 5 items will make a difference.

How did you do? What did you clear compared to what you said or thought you would clear? Did you do *more* or *less* than you originally intended?

How do you feel now you've started?

Was it as tough as you thought it might be? Or did you find it energising? Please explain here;

Which parts of the process might you need additional support with? And how can you get that support?

Schedule in an opportunity most days to declutter, even 1 or 2 items. This will keep your momentum going and keep it manageable. And once your clothes are clutter free and organised, you can start on other areas of your home.

Decluttering your belongings will have an energising effect on you once you have worked through all your items, and released the items you are letting go of to the care of their new home – whether that's by gift, donation or selling. And yet it's important to ensure that you take care of yourself and support yourself whilst you're going through the process because it can be quite a challenge decluttering on your own.

If you do have any obvious signs of clutter, I'm sure you'll have had a well-meaning friend telling you that 'it's easy, just do it one drawer at a time and you'll be there before you know it'.

Whilst this might be the case for some people, you may personally feel more of an emotional connection with your things and so find it harder to work through them or to let them go. It may be sensible for you to have some support from a Professional Organiser to help you work through everything. Whatever is right for you, know that help is available and that it is possible for you to clear all of your clutter.

Congratulations – you have now successfully completed Secret #3 of the Spirit Level Success™ System – Six Secrets of Self-Esteem.