

Warm-Up Exercise: Imagine A Clutter-Free Home

Finding motivation to get rid of excess is key, similar to losing weight. From my experience, I know there is one question that hits home every time, and decluttering demands the same question: “What will happen to your life as a result of losing weight?” Besides health, we’re often compelled to lose weight for other reasons, like sleeping better, more confidence, less pain from inflammation, or better-fitting clothes.

Getting those outcomes requires daily, persistent decision-making. Decluttering—or trimming excess weight in your home—requires the same dedication.

Every choice you make needs to be made with future benefits in mind. So, what will happen to your life as a result of decluttering? The obvious benefits

Warm-Up Exercise

WHAT: Imagine you are standing in your fully decluttered future space. How will having this decluttered space change your life?

WHY: These reasons will serve as the motivation, catalyst, incentive, and inspiration for doing the decluttering work to come and forever managing your clutter.

TOOLS: One sheet of paper and a writing utensil, computer or tablet.

TASK: Write down three ways life will change as a result of decluttering.

TIME: Thirty minutes.

This exercise is important because what you believe can *become* true and possible. Practice believing you deserve to live in a loved home. Train.

Live in your current situation as you feel the groundswell of shifting beliefs as changes to your life take hold inside.

Crystalize the ways your life will be different as a result of clearing out your excess stuff.