



If Your Clutter Could Talk...

If you have stubborn clutter in your life -- stacks of books, unopened mail, toxic relationships, excess weight -- there's likely more going on than laziness, lack of willpower, or disorganization. Your clutter is trying to tell you something.



**The best way to uncover the message is to dive in.
Ready?**

1. Carve out 30 minutes in your calendar.
2. Remove all distractions. Silence your cell phone, shut down email, let your family know you're not to be disturbed.
3. Choose one small area of physical clutter to focus on.
4. With a notebook or journal handy, set a timer for 25 minutes.
5. Begin your sort, and as you do, pay attention to thoughts and feelings that surface. Write down what messages are playing in your mind, note any tension in your body.

Pause here and be with them. Inquire. Interview.



Dig in using the following questions:

What about this feels so challenging?

What aspect of my life does this clutter represent?

If this clutter was gone, what would I feel freed up to do or focus on?

Could this clutter be protecting me from an action or goal that feels scary?

Am I using this clutter as an excuse or scapegoat in any way, telling myself “I can’t do _____ until this clutter is gone.”

If you’re having trouble answering these questions, return to the actual sorting of the clutter. That always helps stir the pot!

As you move from one clutter hotspot to the next, continue to use this process. As you get comfortable with it, you may find you no longer need to write down your thoughts and feelings, but instead simply have a chat with your resistant self in your mind.

Your resistance is just your younger self who doesn’t like change. Reassure him or her that all is well, you are safe, and you’ll continue to take this one small step at a time.

By teaming up, not much will be able to stop you from Living Out Loud!

Kerri Richardson is an author, lifestyle designer, and trained coach with more than 15 years’ experience. She has worked with thousands of people throughout her career, helping them identify and eliminate the clutter in their lives and challenging them to play bigger, shatter expectations, and fulfill their vision. You can find her online at KerriRichardson.com.