



# DE-CLUTTER YOUR LIFE

LIVE 4 YOU  
COACHING

Volume 2, Issue 3

March 2009

*"Create on the inside what you desire on the outside"*

The winter season is coming to an end. Spring is just around the corner! Soon the bare trees and snow covered lawns will be coming to life once again. Birds will be chirping and flowers will bloom, while warmth embraces the air. As nature comes to life, we get this energetic spark to do some spring cleaning.

Many of us will be thoroughly cleaning our homes, de-cluttering, and even redecorating. When you spring clean your environment, everything feels renewed. You can tackle the new year with a fresh perspective. I firmly believe that your environment contributes to how you feel. It is a reflection of you in many ways. It should reflect colors, pictures, and items that make you feel good. Anything that contributes to negative thoughts or situations should be thrown away. What does your environment tell you about yourself? How do you feel when you look around? What would you like to change, if anything?

Procrastination, indecision, and avoidance contribute to how you feel and can add to mental stress. Changing your thoughts and behaviors, and adding activities into your life that make you feel good will help de-clutter your life and mind.

## UNIQUE HOLIDAYS

*National Peanut  
Month*

*National Craft  
Month*

*Poetry Month*

*National Nutrition  
Month*

*Irish American  
Month*

*Red Cross Month*

*Social Workers  
Month*

*National Frozen  
Foods Month*

*National Women's  
History Month*



So, are you ready to tackle some spring cleaning? Remember, you can complete any task, one step at a time. Here are some suggestions to help you get you started:

- **Assign a different task for each day of the week-** Dedicate one hour a day to complete the task (Example: *Monday*-dusting, *Tuesday*-de-cluttering, *Wednesday*-organizing, etc.).
- **Use good tools and supplies-** You want to get the job done effectively and efficiently.
- **Take your de-cluttering seriously-** Anything you have not used, worn, or needed in quite some time, get rid of it. Make room for bigger and better things in your life!
- **Donate or sell items that are in good condition-** Not only are you clearing some space in your own life, you are helping others as well.
- **Make it fun-** Play music, involve friends and family, or treat yourself to something special afterwards.
- **Eliminate distractions-** Unless it is an emergency, let your phone go to voicemail.
- **Open the windows-** Let the fresh air and the sunshine in!

You can de-clutter your entire home, but it is the “mental clutter” that holds you back from moving forward in life. It is difficult to move forward when you are constantly being pulled back to the past by your thoughts. There are regrets, resentments, fears, and those negative voices, attributing to your limiting beliefs. So how do you begin to throw away the “mental clutter”?

It is important to recognize that your “mental clutter” has served a purpose for you, even if you are not sure what that purpose is just yet. Make a list of all the negative thoughts/situations that are cluttering your mind. Think about why you are holding on to this stuff. What is the significance? Where in your life are these thoughts holding you back? How are they helping you? How do you think you will feel if you let them go?

*“Letting go is not to forget, but to forgive yourself and others  
so you can live without regret”*

Letting go is not easy. It takes time and patience. This also doesn't mean that your negative thoughts will suddenly disappear. With practice, they become quieter because you stop allowing them to take over your life. Instead of expending energy on things you cannot change and situations of the past, take that energy and put it to use in the present.

*I'd like to share some tips for letting go:*

- 1.) Journal as much as you can about the thoughts/situations you are holding on to. This helps you release these thoughts from your mind, putting them elsewhere.
- 2.) Acknowledge what you wrote and how it makes you feel. Recognize that you survived and you are strong. What do these thoughts tell you about yourself? What have you learned?
- 3.) Don't beat yourself for decisions you have made in the past. Every decision we make enables us to learn something, even if the outcome did not turn out as expected.
- 4.) Reframe how you view your past. Think about how all of your experiences have contributed to who you are today and how far you have come.

*"Making room in your life for the things that matter allows you to experience exactly that"*



In honor of Social Work Month I am collecting dresses for teenage girls in foster care for their prom. I am also participating in a Walk-a-thon for the Arc of Middlesex.

For more information and to find out how you can help, please contact me!!

Penny Stollmeyer, CEC

(732) 626-3359

[pnstoll@live4youcoaching.com](mailto:pnstoll@live4youcoaching.com)

[www.live4youcoaching.com](http://www.live4youcoaching.com)

*Have a great month!*