



Wealth Tribe

Unmanifesting for Success

By Lee Milteer

III. De-Cluttering Strategies

Dear Wealth & Power Mastery Members,

Our goal this month is to play the unmanifesting game. This really means that we are releasing things that no longer have value or importance to us. This is critical because these material items are draining us of time, money, and life energy. To motivate you, consider thinking of these strategies as a way to help charity and yourself.

Think of your time and efforts to clear out your spaces as actually doing something that could benefit others because of what you donate into the world. Many people who spend time working at charity functions feel a significant difference in their lives because of it. Clothing banks focus on giving clothes to foster children, children in orphanages, as well as children of low-income families. Many children and parents rely on these clothing banks to provide school and winter clothing, as well as blankets, school supplies, and shoes. Some of these groups do more than just clothing, and also offer basic furniture like beds and recycled refrigerators to families in need. When we give back to society by donating things, money, and time, we improve the lives of those less fortunate which, in turn, improves our own lives.

De-cluttering a whole house can seem overwhelming. BUT if it's broken down into bite size chunks, it can be handled with ease.

1. Start by de-cluttering for 10 to 15 minutes a day. It's enough time to achieve something. It's short enough that we can all fit it into our busy schedules. If you do this one thing, it becomes a good habit. It will also ensure you keep your home or office clutter free in the future.
2. De-clutter storage space first. Once you get control of drawers, cabinets and closets it will be so much easier to find a home for everything.
3. Pick one room for your 15-minute daily sessions and stick to it until everything is de-cluttered. It doesn't really matter which room you start with.

4. Be ruthless in deciding what to keep and what to let go. You can't succeed at de-cluttering and simplifying your life or office unless you are willing to let stuff go. To make it easy, take the attitude that you are prosperous enough that if you happen to get rid of something you need in the future, you will simply give yourself permission to buy a new one, rent it, or even buy one from a secondhand store at a bargain.

The bottom line is to go into this STUFF DIET with the mindset that most stuff can be replaced!! (because it CAN!)

5. Deal with paper. Little and often works best. Paper causes a lot of clutter. Bills, invoices, and receipts without a system get out of control fast. For example, you can stop paper clutter by creating a simple system for incoming mail. You'll need a bin and a 2-tier tray. Designate one tray for items that require action, and the other for documents that need to be filed. Set up a filing system that suits your own personality and needs. Create reminders for scheduling actions like paying bills, appointments, and events. Outlook on your computer is a good system.
6. As soon as you bring something new into the house or office, set aside storage space for it. Always keep it in its place when not in use.

There is nothing in this world that feels quite the same as looking around your home or office and seeing it in order. And there's nothing more energy-draining than living with clutter, but it goes far beyond your own environment. De-cluttering will open new opportunities for you in your personal and career life because it frees up your life energy for new things.

De-cluttering releases the blocks that have been holding you back. It ignites the fires of energy within you - energy you didn't even know you had! The stress in your face and body will ease and your confidence will return when you feel more in control. Things start to fall into place in every area of your life when you de-clutter your surroundings.

It takes MUCH less time to de-clutter than it does to look at piles of clutter and feel bad day after day. The time we spend fretting about our clutter and berating ourselves is time we could be enjoying our surroundings and feeling like a winner.

Your new motto:

If it doesn't serve a purpose, have meaning or monetary value—out it must go!

Enthusiastically,
Your Mindset Coach
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