

The Good Reasons You Don't Declutter

by Moni Castaneda



Hi,

My name is Moni,
and I am a Feng Shui
Consultant, Teacher
and Author.

I have created a
system to help people
Declutter from their Hearts.

People who have joined this program
have been able to make great progress
decluttering and organizing their
homes, with **ease and grace.**

Declutter for Good

A STEP BY STEP FENG SHUI HOME
ORGANIZATION SYSTEM

There are 3 aspects to the upkeep of a home:

- Clearing Clutter
- Organizing
- Tidying up

Most courses and methods emphasize only one.

My program covers all 3.

And it is all done in a way that does not require great effort, self-discipline, or will power.

Maybe there is **someone** in your life that is on your case about decluttering.

Or maybe **you** give yourself a hard time about it.

But have you ever stopped to think that maybe there are **good reasons** you don't declutter?

In my upcoming webinar I will tell yo more about this.

Right now, I need you to identify what is your **clutter element**.

Check the next 5 pages and see which of these clutter element types you identify with more. Then, during the webinar, I will reveal to you what all this means, and why it is true that much of your clutter problem is really **not your fault**.

Clutter Element 1:

- ☐ You are afraid that if you declutter too quickly you will throw away or let go of things that are very valuable and impossible to replace.
- ☐ You have a feeling that under your clutter there are hidden treasures.
- ☐ You feel that you should do the work of decluttering alone, with no help from others.
- ☐ You tend to get cold before other people, or you are the last person to get hot in a room.
- ☐ You like to wear dark colors.
- ☐ You think a lot about money.
- ☐ You like to study, and a large part of your clutter is made up of books, journals and notes.

Clutter Element 2:

- ☐ It doesn't take much to make you feel impatient or irritated.
- ☐ Sometimes you get spurts of energy and get started on projects with great enthusiasm, then you abandon them for weeks or months.
- ☐ Other times you feel like you hardly have the energy to get through the day.
- ☐ You like sour foods.
- ☐ Sometimes it takes you forever to make a decision, and sometimes you make impulsive choices.
- ☐ When you look at your messes, you feel angry at yourself.
- ☐ Most of your clutter is made up of projects you started and promised yourself you would finish one day.

Clutter Element 3:

- ☐ When you tell yourself you should be decluttering and organizing, you usually get sidetracked by something more fun.
- ☐ You look at your clutter and wonder how it all happened, or how or when it got to be so bad.
- ☐ The main reason you would like to declutter and organize is so you could have people over.
- ☐ You like bright colors and love animal prints or images of animals.
- ☐ The times when you have made most headway in organizing your home were when friends or relatives showed up to help.
- ☐ Most of your clutter is comprised of old makeup, lotions, movies, CDs and media that is becoming obsolete.

Clutter Element 4:

- ☐ You are very generous with your time and energy.
- ☐ You do more for others than you do for yourself.
- ☐ One of the hardest things for you is to say no to a genuine request for help.
- ☐ You have a tendency to worry, and sometimes you obsess about problems.
- ☐ You tell yourself you will declutter during the next vacation.
- ☐ You may tell others that your clutter bothers you a lot, but the truth is you don't mind it that much yourself. You want to declutter to show love to others.
- ☐ Most of your clutter is made up of gifts, cards, knick-knacks, and other things with sentimental value.

Clutter Element 5:

- ☐ Much of your clutter happened right after a severe loss or a time of grief (divorce, being fired, losing a loved one or a pet)
- ☐ You are a very spiritual person.
- ☐ You like to collect things, and also antiques.
- ☐ One reason you don't declutter is that you do not like to throw things away.
- ☐ The main reason you want to declutter and organize is that you feel these are the right things to do.
- ☐ Yet, you sense one reason you do not declutter is being rebellious.
- ☐ Most of your clutter is made up of souvenirs, photographs, collections, antiques, and paperwork.

During the webinar, I will reveal to you what each clutter element means and how this knowledge can help you declutter, organize, and tidy up your home.

To give you a peek, in the next page I have written down 5 good reasons why people do not clear their clutter.

To declutter is the first step towards an orderly home. After you declutter, organizing and tidying up becomes a lot easier!

Five Good Reasons You Don't Declutter

- ❖ You are truly **fatigued**. You tell yourself you are lazy, but you really do not have the energy.
- ❖ You **know** that you have valuable items -- antiques and collectors items -- somewhere within the whole mess.
- ❖ You cannot handle the **emotions** of decluttering. It is just too painful!
- ❖ Clutter has **secondary benefits** for you. Whenever you start to declutter and clean up, you are assaulted by lots of negative feelings that you don't feel you are prepared to face.
- ❖ You feel better **surrounded** by lots of things, you do not like empty spaces.