

"THE FIRST
STEP IN
CRAFTING THE
LIFE YOU WANT IS
TO GET RID OF
EVERYTHING YOU
DON'T."

— JOSHUA
BECKER



DECLUTTERING IS *Magic!*

Decluttering can change your life! Engaging in decluttering as a self-care and spiritual practice can help with anxiety, feelings of overwhelm, and spending too much time waiting for things to happen. The bonus is that things get decluttered!

This simple action is just the ticket to help you take your mind off meddling thoughts and take charge of an area of your life that needs more positive energy. It works like a charm.

You feel good about yourself after too. You feel like you accomplished something which helps you shift to feeling more confident and happy. These positive feelings are what help you draw in more of what you want in your life. Plus, you just created more space for them to flow in!

Decluttering is the act of removing unnecessary items, possibly from an untidy or overcrowded space. One way to decide if something is clutter is to look at the item and ask yourself if it gives you energy or drains your energy.

With this in mind, pick an area to declutter like:

- kitchen
- car
- drawer
- purse
- garage
- nightstand
- closet
- desk



You might start small or big, depending on your time and energy. Make it fun by listening to music or an audiobook.

Set an intention when you begin like: I release things that take energy from me with joy and ease. You might like to repeat this while you declutter also.

Notice how you feel after. Consider doing a small amount of decluttering each week or when you are feeling stuck, lost, overwhelmed, anxious, or out of control. Repeat often.

Use the act of decluttering like a magic wand that can take you from feeling "blah" to "yeah!" Take note of all the good things that flow in after.

I release things
that take
energy from
me with joy
and ease.

