



# Clutter Clearing



Make space in your life for  
GREAT THINGS!



# Clutter Clearing



To make space in your life for great things you first need to clear out the old i.e. JUNK!

You have an attachment energetically to every object that you own. This is why clearing space is so important, and an essential first step to manifesting the life you want.

So here is a plan to crack on with clearing your clutter in your home, spending only 15 minutes a day on an area.

## DAY ONE

### Let's start in the Kitchen

#### Tupperware / plastic boxes / plastic lids

How much time is wasted searching for bits that match? Remember – just 15 minutes, Pair up the stuff with lids, stack them neatly and recycle the rest!

Tick when completed

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## DAY TWO

### Cookery books

There's a good chance that you have some you never use and some that you've forgotten about. Your surplus could be sold, donated to a charity shop or given to someone who'd love it. Wipe the books you really want to keep and organise them back on to a clean shelf.

Tick when completed

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## DAY THREE

### Crockery

We all love a cuppa and many of us have a favourite mug, or type of mug. But along with our favourites we keep a heap of rubbish ones that don't match, we don't like, we don't know where they came from or they're chipped. Keep the ones that match, and your favourites – strictly one or two for each family member. No more trying to balance them in the cupboard, or searching to the back to find the one you actually like drinking out of.

Tick when completed

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## DAY FOUR

### Under the kitchen sink!

Under the kitchen sink or wherever you keep cleaning products. Get everything out, wipe out the cupboard, sort out what you actually use, cull the rest and reorganise. If you also have your bin there - wash it out.

Tick when completed

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## DAY FIVE

### Cutlery

Empty and clean the drawer. Get rid of anything rank or rusty. Put the cutlery back in neatly. Make sure you have got rid of all the old plastic forks, cocktail sticks and medicine spoons!

Tick when completed

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# Clutter Clearing

## DAY SIX

### Cupboards

Choose one kitchen cupboard. Maybe the one with baking stuff. Or tinned stuff. Or dusty tea bags. Or 18 types of pasta.

Make it a 15-minute job. Pull it out, throw away the undesirables, wipe and dry the cupboard, put the nice stuff back neatly.

Tick when completed

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## DAY SEVEN

### More Cupboards

Today, let's clean another kitchen cupboard. 15 minute job only!

Tick when completed

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# Clutter Clearing

## Clothes

### DAY EIGHT

#### Underwear/ socks / bras

Get ruthless; chuck out all the tired stuff, anything with holes, socks with no twin, grey stuff that shouldn't be grey... if you wouldn't want anyone else to see it, get rid of it! Put it all back neatly and in the morning you will love opening that drawer!

Tick when completed

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### DAY NINE

#### Pyjamas etc

Nighties, big t-shirts, dressing gowns... whatever your night- wear preference. We all have some that are favourites, some that we wear if the favourites are in the wash, and some we never wear.

Cull the Never- Wears! Ideally you've got enough favourites never to wear the back-ups, in which case cull the back-ups too! Anything scruffy, turn it into rags, pass on unwanted gifts, and put the good stuff back tidily.

Tick when completed

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## DAY TEN

### Chest of Drawers

Another drawer or shelf! Just 15 minutes! Pull it out, cull anything hideous, hang up anything you might wear if you remembered it existed, fold everything neatly and give it a spritz of your favourite perfume. Then smile and put the kettle on.

Tick when completed

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## DAY ELEVEN

Do another drawer today. Fifteen minutes only. Remember to keep it light, put on the radio and have a coffee afterwards.

Tick when completed

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## DAY TWELVE

Coats, hats, scarves and gloves. Sort out the things that are 'season appropriate' and cull the rest. Things that will still fit next season – you can put in the attic!

Tick when completed

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# Clutter Clearing

## DAY THIRTEEN

### Shoes

Especially those that are cluttering up your hallway. There are bound to be some that no longer fit, some that are completely out of season, and some that are just ancient. Have a quick sort out and arrange them tidily.

You could buy baskets to put them all together, or just move whichever season you don't need right now into your bedroom cupboard, or attic. Remember to wrap them up so they are nice and clean for when you need them again.

Tick when completed

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## Bathroom

## DAY FOURTEEN

### Bathroom

Half-used bottles of anything. If you aren't currently using them – get rid! Life is too short to hoard old toiletries. If you've had them long enough that you have to dust them, pass them on to someone who will use them. If you have something special that you're 'saving' - what are you saving it for? Use it or lose it - live in the now!

Tick when completed

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## DAY FIFTEEN

### Medicines etc.

Vitamins and supplements. Put them all on the table and cull. Opened medicines have a really short shelf life. Check the dates on your vitamins. Random health stuff you tried ages ago? Probably gone off by now, get rid of it! Put the good stuff back.

Tick when completed

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## DAY SIXTEEN

### Makeup Bag

Gather all the make-up from around the house, car, work, pockets, and bags. If you have more than one of something and use it more than once a day - like lip gloss - put one where it's useful, such as your car.

Everything else, you need to really look at and not be drawn in by lovely packaging. Pass it on or chuck it out, just keep the things you really enjoy using.

Anything sticky or old - bin it. If your make up bag is machine washable run it through the machine. If you have make up brushes give them a wash. Warm water, shampoo, lather up, rinse thoroughly and dry standing upright. You will be surprised at how much make up comes out of them!

Tick when completed

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## DAY SEVENTEEN

### Handbag

Empty it out. Get rid of the rubbish, wipe anything sticky and cull the junk. If there is stuff in there you haven't used for two months, you probably don't need to be lugging it about.

Do your purse as well. Create a change jar at home and put all your small change in there; always useful for kids pocket money, parking machines, tipping in restaurants etc.

Stacks of receipts? Have a box for the important ones at home so you always know where to find any you might need.

Vouchers and gift cards - remind yourself what's in there and use them for a treat!

Tick when completed

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## Books

You can give to a charity shop or a local school or hospital. Try not to get tied up in getting them all out to review them and read them all! Make some space. For every book you get rid of, you energetically make space for something new and better to enter your life.



## Magazines

Another thought is that you could save some of the magazines to help you to make a vision board!

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## DAY TWENTY

### Email Inbox

Do you have unread emails?

Firstly, go to Inbox and Create a New Folder. Call it Archive. Now select the entire Inbox and move it to the Archive folder.

It is all still there so you can still search for what you need. From now on, every time you deal with an email, you move it to the Archive.

All enquiries, questions, messages, invitations, are all dealt with in the same way. Now, go into the Archive and select 'Organise by Sender' so all the messages from the same people are together. Have a scan through your new Archive. If it's mostly junk and marketing stuff, Select All and 'Mark as Read' or Delete it.

Do you get promotions, newsletters or things you've signed up to piling up? From now on, each time you get one, take a few seconds to unsubscribe to anything you don't want any more. If you have some time now, have an unsubscribing session and do a few. Personal or business emails that you HAVE to reply to – take two minutes to reply to them. It's better to send a quick 'Thanks for this / Love you / Sorry I'm snowed under, catch up soon!' than to leave it ages before you write a 'proper' reply.

From now on, take a few minutes every day or week to clear your Inbox: Unsubscribe, Read & Archive, Read Reply & Archive, or Delete. If you open it, act on it and enjoy the mental space it creates.

Tick when completed

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# Clutter Clearing



## DAY TWENTY ONE

### Computer Desktop

Does it have lots of icons and seem really cluttered? Maybe you think it needs organising but it seems like a long job. Quick Fix: Right click on the desktop and 'Create a New Folder'. Call it Desktop. Now select and drag or cut and paste all of the icons into that folder. So now your Desktop is a clear page with a folder called Desktop. Open that and you find all your icons and shortcuts.

Tick when completed

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## DAY TWENTY TWO

### Actual Desktop

Aim to keep your desk as clear as possible. Every day/night when you're finished, clear the area.

Keep the drawers organised. Use the top drawer for things you use every day. Use the second drawer as an in-tray. Bills, letters, forms, whatever, it all goes in here until you have an hour free and then can deal with it all in one go. Open mail when it arrives, throw away the junk and put anything else in here. This is a great system, rather than having an in-tray on the desk.

If you don't have desk drawers, use jars, or box files or magazine files on shelves. And of course - cull! It's better to have three pens and love them all, than fifty cheap biro's that are slightly scratchy to use. Do you have a gorgeous pen that you are saving or that is too special to use? Start using it!! Once you get your workspace sorted your productivity will increase!

Tick when completed

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# Clutter Clearing

## DAY TWENTY THREE

### Paper work

Does your paperwork mount up and overwhelm you? Here's a simple system. Use an expanding A-Z file. All household / personal paperwork is filed in alphabetical order. So anything car related under C, gas bills under G, passports under P.

Lots of documents like insurance are annual, so when you get the new one you just throw the old one away. For today, just get started. Set a timer and just take 15 minutes to focus on paperwork. If you already have a system, get rid of some old stuff or do some filing. If you don't have a system, order an expanding file, gather up all the paperwork lying around and put it in a box ready to organise.

Tick when completed

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## DAY TWENTY FOUR

### Car

Keeping it simple today. Take a couple of plastic bags to your car. Put the rubbish in one bag and the stuff that needs to go into the house in the other.

Tick when completed

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## DAY TWENTY FIVE

### Jewellery

Get rid of jewellery that you never wear, check if you need to clean the silver or gold. Sometimes you can rediscover pieces once you have zinged them up with silver dip. Have a specific area that you keep your jewellery - perhaps a shelf in your wardrobe. You can hang up delicate pieces or bag up bracelets to make them easier to access.

Tick when completed

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# Clutter Clearing

## DAY TWENTY SIX

### Kids' Toys

If you don't have kids then tackle YOUR toys – gadgets and things you've collected that need a proper home. If kids toys is going to be a massive job, just aim to do 15 minutes, or choose a shelf or a box. Start in the place it annoys you the most. So if you have kids' toys in a room where you also like to relax, start there.

This is all about clearing clutter to make YOU feel better. If you have a collection of 'bits' of toys that have become separated from their sets, and they annoy you, do those. Move stuff the kids have been ignoring to the front of the shelves. Often it then gets played with, which is great. If it's still ignored, then donate it.

Tick when completed

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## DAY TWENTY SEVEN

Can you face doing some more toys?

Are there toys in the kitchen or on the stairs? Are there broken toys waiting to be fixed? Make these today's task. If you've got none of those to deal with choose a box or drawer or shelf and sort it. Playroom or kid's room, tackle the worst one. It will feel good afterwards. No toys? Then anything broken that needs fixing – sort it out or get rid of it!

Tick when completed

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I REALLY HOPE YOU GOT INTO THE  
SWING OF GETTING RID OF STUFF  
AND CREATING SPACE!

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*Do you feel calmer and more organised?*

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Are there parts of your home you can enjoy more?  
Clutter doesn't just cloud your home, it clouds your  
energy and blocks the flow of abundance!  
By clearing your physical space of the things you don't  
want, you've made way for the things you DO want.

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Here is a link to all my current sessions, either offered in-person or via distance healing.

<https://myinnerself.as.me/>

**Wishing you positive energy for your space clearing!**

**Looking forward to connecting with you ☀️**

