



The Organizing Coach | THE STORY OF “YOUR” STUFF

To get the most from these notes and this session, please watch the 20 minute video at <http://www.thestoryofstuff.com>.

How does “The Story of Stuff” video relate to organizing your life?

- 1.
- 2.
- 3.

What’s the big deal about having stuff?

- Requires more space.
- Can keep you living in the past.
- Becomes a financial drain.
- Creates fire/safety hazards.
- Leaves you feeling scattered and overwhelmed.
- Changes relationships you have with others.
- Affects the relationship you have with yourself.
- Contributes to poor health.
- Causes you to miss opportunities.
- Distracts you from the important things in your life.
- Makes it difficult to be eco-friendly.
- “Passes the buck” to someone else when you pass on.

Inspired Action

Highlight which ones are a reality for you.



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Why is it so hard to let go?

1. "I might need it some day."
2. Emotional attachments
3. Want to know it will be useful to someone else.
4. Don't want to hurt someone's feelings.
5. Don't want to contribute to the landfill.
6. Who would want it? (personalized, sets, missing pieces.)
7. There are strings attached.
8. "I haven't got my money's worth out of it, yet."
9. Unfinished projects.
10. Fear of regret.
11. Fills some sort of void in our life.

Inspired Action

Choose an item you have been wanting to let go of, but haven't yet.

List all the reasons you have been unable to let go using the suggestion here or adding your own.

Inspired Action

Answer each of those questions.

Is there a room or area that come up more than once?

Choose the space you want to begin and write it here:

Where do I start?

- Where is my health & safety compromised?
- What area will make me feel the best?
- Where will I see the biggest and fastest results?
- Where do I spend the most time?
- Where do I have my own space?
- Where am I most embarrassed?
- What am I trying to include into my life and where will this happen?
- Which room can I start at the door and work my way around?
- What is the smallest and easiest place to get motivated and build my confidence to let go?



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How do I let go?

- Freecycle
www.freecycle.org
- Boxes & a List
<http://www.the-organizing-coach.com/organizing-clutter-room-by-room.html>
- Get a Buddy
<http://www.the-organizing-coach.com/coaching.html>
- Create a Giving Room or Giving Space
- Honor It.
- Take a Picture
<http://www.the-organizing-coach.com/organizing-clutter.html>
- Use a Timer

Inspired Action

Which solution excites and motivates you?

Will this solution work for the room you chose to begin?

What will you need to get started?

When will you begin?

Inspired Action

How will you be more mindful of future purchases?

What immediate action will you take to limit the amount of stuff entering your life?

How do I keep it from coming in?

- Rethink Gifts
<http://www.the-organizing-coach.com/earth-friendly-gifts.html>
- One In Two Out
- Two week list.
- Communicate with family and friends of your new commitment.
- Remove stimulation (magazines, tv, internet)



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What do you do when it is someone else's stuff?

- Do they live somewhere else? Give it back.

- Do they live with you?
 1. Give them their own space for their stuff.
 2. Role model what you have learned here.
 3. Leave their stuff alone.
 4. Openly and calmly express how this is affecting you and your family.

Suggested Resources

[Making Peace with The Things In Your Life](#) by Cindy Glovinsky

[ADD Friendly Ways to Organize Your Life](#) by Judith Kolberg

Complimentary coaching session with Marlo

<http://www.the-organizing-coach.com/free-coaching-session.html>

Meditations for Organizing Your Life

<http://www.the-organizing-coach.com/meditations-organizing-life.html>

Live a Clutter Free Life Affirmations

<http://www.the-organizing-coach.com/Organizing-Clutter-Affirmations.html>

Uncluttering your life is the cheapest, fastest, and most effective way to become physically and financially sound, emotionally and intellectually happy.