



TRUST

BUILDING TRUST

with minimum baselines

The person you are with clutter, is not the person you are with clear space.

A big part of becoming the clutter free version of you, is by building trust with yourself that you will:

- keep your word with yourself
- have your own back no matter what (even when you don't keep your word)

One way to start building trust with yourself is devoting some time, energy and curiosity to the Research & Development phase of establishing your own minimum baseline.

A minimum baseline in this context is the smallest amount of time and energy you are willing to commit to decluttering each day.

How do you decide?

Simply pick a number and see how it feels.

How does ten minutes feel? "Kerryn, it feels like a stretch, I don't know if I have the time or energy to 100% commit to ten minutes per day. It feels kind of ough and like I might be setting myself up to fail."

Those are great, honest insights. Cross ten off.

How does five minutes a day feel?

"Better, but still not great."

That's ok. The number doesn't mean anything good or bad about you. We're crossing five off.

What about one minute?

"That feels ok, it feels possible."

I think I can commit to one minute per day, but Kerryn I can't help thinking that a minute isn't going cut it. I've got so much clutter to clear that I can't see how one minute a day will make any difference."

That's understandable. This is a counter-intuitive approach. You have to test it. That's what the R&D is for. Take some of my certainty that one minute is a great place to start.

You see the dilemma here. If ten minutes a day feels ough and too much we almost never do it, and we probably have a lot of negative self talk towards ourselves about how hopeless we are that we can't manage ten minutes a day. Yet, if the amount that does feel doable seems insignificant, we convince ourselves not to try it. Instead we force a middle ground of five minutes, which requires a lot of push and pull and so we end up with a sporadic pattern, often accompanied by frustration, irritation and disappointment.

Those thoughts and approaches aren't helpful.

Your goal is to set the lowest time that you can 100% commit to, even if you aren't sure you'll follow through. The lowest doable amount of time is your initial minimum baseline.



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When setting your minimum baseline, avoid thinking of an amount of time you “should” aim to do, or the amount of time you think is necessary to start tackling your backlog of clutter. Focus on what feels “doable”.

Notice your posture when you think of the time. Is your posture slumping, are you feeling a heaviness or general sensations of “ugh”, then that time is too high.

If you are debating between one minute and three minutes, pick one minute. Go lower, rather than higher. You can always increase it later.

With your minimum baseline set at one minute your goal becomes to do one minute of decluttering per day until it's a consistent routine. That may mean repeating step 1 in a small zone each day. That's fine. You will build a lot of awareness about how you use that zone and what kind of clutter routinely ends up there.

Each day you complete your one minute you are keeping your word with yourself. You are building your integrity. You are proving to yourself that you are a person that declutters each day. You are forging a new identity as a person that consistently declutters.

This is not a trick. I'm not asking you to do one minute in the hope that you will get on a roll you do more. I am asking you to do your minimum baseline and then stop. Congratulate yourself. You have succeeded in your decluttering challenge for the day. Enjoy your dopamine hit for a job well done. Tick!

Remember building a streak of the number of days you do your one minute is more important than a sporadic pattern across a week like: 1 minute, 5 minutes, 0 minutes, 3 minutes, 0 minutes, 0 minutes, 10 minutes. You will feel better and learn more about yourself, and you will learn more about decluttering with a pattern that looks like this: 1 minute, 1 minute, 1 minute, 1 minute, 1 minute, 1 minute, 1 minute.

Don't believe me? Prove me wrong. Try it for a month and see what happens.

Notice what you think about yourself each day you tick off your goal. Notice if you start to think and feel more positively about your efforts. What kinds of thoughts are you offering yourself?

Notice what you think about yourself the days you miss. The thoughts you have about your efforts are great information and offer valuable insights. Notice if you are able to offer yourself compassion and encouragement if you miss some days. Notice if you want to give up if you miss a day, or if you are able to remind yourself you can start again.

At some point along the way you will naturally want to increase your minimum baseline. It may take a week, a month, three months or longer. There's no rush. It will happen organically. You will go from one minute per day to two minutes per day, and so on until you safely reach the sustainable minimum baseline that's right for you. I stopped at five minutes. You may stop at more or less. You can trust yourself to know what's right for you.

Decluttering is a marathon not a sprint. It's one piece at a time. You will declutter your whole life. If you have been in overwhelm, slow and steady is the best way to establish your minimum baseline, forge your new decluttering identity, and to learn to trust yourself when it comes to your home.



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