

YOUR FANTASY SELF

Clutter and...

Do you fancy yourself an artist, a performer, a crafter, a collector, or an athlete?

Are any of these hobbies, interest or sports ones you are actively working towards or are they ones where you intended to do more?

Did you get super interested and buy all the equipment and supplies and then run out of steam?

Or did you enjoy them for a period and then work, health or family changes put them on the back burner?

How much of the stuff you collected is for you current self and how much of it is for your fantasy self? The one who's going to do all these things at some undetermined period in the future.

Fantasy Self clutter is an area I used to struggle with immensely. As a multi passionate person I'm curious about lots of activities. I had art supplies, scrapbook supplies, quilting, sewing and knitting supplies. Even screen printing supplies to create t-shirts for my yoga studio. Now I'm interested in Bonsai and sculpting.

It wasn't just arts and crafts. I also had sporting equipment for playing squash and billiards. My weights, skipping ropes and hula hooping for exercise, on top of all my rock climbing gear, yoga and meditation equipment.

Some of these interest, activities and hobbies I dabbled in, some I became passionate about, and some never took off. A few remained in their original packaging.

It's Fantasy Self clutter because it's attached to a version of myself and a version of my life that I'm not living right now. It's more in the wish realm. I wish I had the time. I wish I had the motivation. I wish I had the energy.

Truth is I do have time. I have 24 hours each day. I haven't prioritised scrapbooking in that time. Not once. Nor have I prioritised finishing my Japanese book binding. I have one complete book and three incomplete ones. If I was really passionate about these hobbies motivation wouldn't be necessary. I'd be doing them. The only real reason for not pursuing some of my interests is energy. That is a limit for me.

Time to let go.



Some like my weights, skipping rope, rock climbing and yoga equipment speak to the version of myself before my illness took hold.

Those I'm less willing to let go. Yes, it's a fantasy at the moment, but it is something I am slowly but surely working towards as I rebuild by health and strength.

Time to regroup.

There's also the fantasy version of myself that would like to wear the clothes and jewellery of previous seasons of my life.

Or the person that is suddenly skilled at hair and makeup and willing to make the effort to look good.

Between weight fluctuations and health limitations none of those things are likely to happen. Those seasons have come and gone.

Time to rethink.

The reality is I could keep all of these things. And some I will. I have the space. I'm below my clutter threshold. I may do them one day, like the knitting I recently started and had to restock because I'd previously decluttered it all. I may not. Some are welcome reminders.

But I ask myself two questions:

- How often do I want to be reminded of the past or the future, instead of my present?
- How much of my home do I want to devote to items that represent a fantasy version of myself?

Not often.

Not much.

Time to enjoy reality.

