

Modifications. Clear Space

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Step 2 Easy Stuff. Modifications

Take It There Now Modifications

When we have health challenges I recommend these modifications:

- **Double Up.** When you are about to take something from the zone we are clearing to another room, quickly scan for other items that belong in the same place we're heading and put them away on the same trip. For example, if you're taking a coat to the bedroom and see a scarf that belongs there too, take it with you on the same trip and put both items away.
- **Micro Zones.** If multiple trips will negatively impact health, I recommend clearing very small zones. For example, in the kitchen instead of thinking of the pantry as a zone, or the fridge as a zone break it down much smaller. If you have a cabinet with a left and right door and a shelf. Top left would be one zone, top right would be another zone, bottom left and so on. A kitchen utensil drawer would be one zone. A shelf (or half shelf) in the fridge would be one zone. A countertop could be divided into quarters and each quarter is a zone. Clear each zone in separate sessions as health permits.
- **Runners.** If you have a friend or family member that is willing to act as a runner for you during a clearing session that is a really helpful solution.
- **Basket.** Have a Take It There Now basket where you put your Take It There Now items and complete that within the time limit you've set for your space clearing session. For example, if you have set your timer for ten minutes, leave at least two minutes of that time to empty the Take It There Now basket. You may also want to create a maximum limit of items to take to their homes, such as five or ten depending on your bandwidth. If for some reason you don't empty your basket within your health and time limits, then make a commitment to yourself to empty your basket after resting and/or before starting a new clearing session.

It's always better to fully clear fewer items within your health constraints than to half clear and create multiple piles to resolve on a later day. Piles masquerade as progress.

Related resources

- [The Five Steps | Overview](#)
- [The Five Steps | Step 2 Easy Stuff](#)