



## CLUTTER CREW

I'm off to visit family and friends in Canberra for a few days. Looking forward to hiking around the National Arboretum and along the Molonglo River, as well as some walks around Lake Burley Griffin to the Carillon (pictured left).

I love the opportunity to mix in seeing family and friends between client sessions and not being quite so isolated. Such a change from my regular week of coaching and developing resources.

The change of scenery from a city scape to a much more natural environment with lots of wildlife on my doorstep is so soothing and helps me counterbalance the much higher energy levels required for lovely in person interactions.

I'm also hoping to have the time and space to visit the National Gallery of Australia and experience my favourite piece in the collection: Within Without by the American artist James Turrell. If you've never seen it I recommend going at dawn or dusk for the full immersion. It's magical.

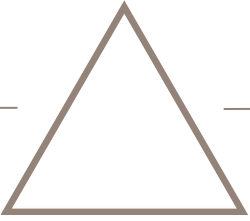
*Kerryn*

CURRENT  
OFFERS

OFFER EXPIRES 31 AUGUST 2024

SAVE \$1,500 ON WHOLE HOME

*15 August Birthday special*



# SACRED MONEY ARCHETYPES

## AND YOUR CLUTTER

Romantics know how to live. With an abundant mindset they appreciate life, beauty and simplicity. Ease, comfort and flow are gold to a Romantic: they are the original life hackers.

Life's little luxuries appeal to the Romantic archetype, particularly if they simplify their life and create a relaxed vibe or more free time.

Romantics are laid back friends that are as generous with others as they are with themselves. They aren't concerned about saving money, they want to enjoy life and all its pleasures.

When out of balance a Romantic may give up easily, procrastinate, overindulge, and stay in an instant gratification mindset. This may lead to stop-start decluttering efforts in between retail therapy, eating and drinking, or a binge session on Netflix or social media.

Clutter is the least on brand thing for a Romantic. It makes their life harder and more complex, and it removes deep relaxation from the equation. The short term pleasure of buying the luxury is outweighed by the long term complication of managing it. Leaving them feeling empty instead of abundant.

The healthy expression of this archetype knows that true self care isn't an occasional spa treatment. It's having a home that supports rather than drains.

Coaching helps Romantics create spaces where they feel appreciated and valued everyday. If you're a Romantic you deserve to have comfort, ease and flow in your home.

For more information on the archetypes take the quiz with Denise Duffield Thomas.



## TIP OF THE WEEK

This week's tip: Build trust with yourself

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 through building trust with yourself that you will:

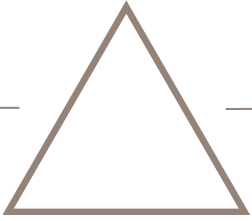
1. keep your word with yourself
2. have your own back no matter what (even when you don't keep your word)

One way to start building trust with yourself is devoting some time, energy and curiosity to the R&D phase of establishing a minimum baseline.

I recommend starting with one minute a day of clearing some items from a flat surface. If that seems too easy great. You're on the right track. Commit to doing one minute each day for the rest of the month. Notice what thoughts come up for you and what changes occur in the next ten days.

More on minimum baselines in Sunday's blog.





# BEFORE YOU GO



## SPECIAL EVENTS

I've added a Special Events button to the Appointments page where I'm listing my upcoming free webinars and my subscriber only in person events.

Nibble The Frog will be quarterly with a different module each season:

- Spring | Life Paperwork module
- Summer | Digital Clutter module
- Autumn | To Do Lists
- Winter | Professional Papers

On the Clear Space front there's webinars on Left Handed decluttering, a power hour where we make progress on six zones, and some metta heart space sessions where you can rest, relax and restore with some yoga, Thai massage and somatic techniques as well as a guided relaxation.

If there's a particular topic you'd like to explore in a webinar drop me an email and I'll see if I can include it in the 2025 calendar.