



CLUTTER CREW

My visit to Canberra passed in a bit of a blur as I took advantage of my improving health and packed a fair bit in.

I enjoyed a couple of hikes by the Molonglo River. Caught up with friends and family, and did a couple of in person coaching sessions. Unfortunately, I didn't make it to the Lake or Gallery, but they will be high on my list for my November visit.

I did get plenty of time every evening with my friend's adorable dogs snuggling up to me on the couch for belly rubs and lots of pats. Delightful having their company with the added benefit that they kept me warm during the very cool evenings.

I also finally got my hair cut and coloured for the first time since January 2023. Feels great to have a fresh, new look.

Hope you all had a wonderful week.

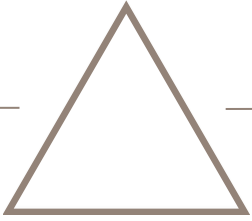
Kerryn

CURRENT
OFFERS

TAM SUNDAY 22 SEPTEMBER 2024

NIBBLE THE FROG FREE WEBINAR

Register on the appointments page



SACRED MONEY ARCHETYPES

AND YOUR CLUTTER

Rulers are the final of the eight Sacred Money Archetypes. Rulers are creative, visionary geniuses that can monetise anything and easily see how everything can be better. They are natural leaders that people want to follow. Building empires where everyone can thrive.

When out of balance a Ruler may sacrifice their peace of mind for ambition and wealth. Their determined and perfectionistic side is rarely satisfied and with their unbeatable work ethic and high standards this can lead to severe burn out. Rulers benefit from learning how to switch off, enjoy life in the moment, and be content.

Clutter slows a Ruler down. It holds a Ruler back from her goal of creating lasting value and empowering others. When Rulers know the secrets to how to clear faster and maintain their homes they can get on with more important things like innovating and building a legacy.

Coaching is the fastest way for a Ruler to change their inner and outer world. They can set a pace for change that matches their desire to challenge what's possible. Rulers have often faced the stigma of being seen as "too much" and felt the pressure to make themselves smaller for the comfort of others. Coaching is a safe space for them to dream big and not fear being judged as arrogant or bossy. Coaching honours their courage.

Rulers its time to fulfil your destiny.

Find out your top three archetypes by taking the quiz.

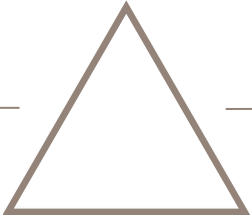


KITCHEN KETTLE

Home Management is a marathon not a sprint. This applies to decluttering, organising, shopping, cooking, cleaning and tidying. Tasks that are not easily managed with a project mentality. Treating things like spring cleaning as a project might be ok for annual tasks, but not for the daily, weekly and monthly things we need to do to stay on top of our homes.

Instead of big, irregular projects, try building in small, consistent routines like my kitchen kettle tasks. These are five minute tasks that you can complete while your boiling your kettle. Start making it a habit to use these small pockets of time whenever you have the bandwidth.

You can find the list on the website or email me and I'll send you the PDF.



BEFORE YOU GO



BELIEVE IT

My tip of the week: Believe it.

If you find yourself keeping items that you want to donate because you're getting hung up on wanting them to go to someone that will really value them, there's a simple solution: believe it. Believe that is exactly what will happen. Believe that someone will find your donation at the thrift store and be delighted to have found such a gem.

Our brains have a negativity bias. They want to protect us by offering us lots of worse case scenarios to consider. Scenarios that they like to present as facts. Thanks for that brain. That's helped us in lots of situations. It's one of the reasons the human race is still here.

You can offer yourself some alternative scenarios to ponder which are more likely to be true. For example, instead of the negative fear that someone has taken time out of their day to go to a thrift store to buy something that they will not value, you can consider that someone has gone to a thrift store to find something they really want or need. That when they find it they will be thrilled and will treasure it. Choose the scenario you prefer and simply decide to believe it.

You won't ever know one way or the other, so you may as well choose to believe the thought that makes it easier for you to part with your excess belongings.