

CLUTTER CREW

My few days in South Gippsland were a wonderfully restorative break. So lovely to have the company of four dogs, including two puppies Gertie (pictured left) and Mavis. These three month old bundles of fur and fun were full of playful energy, which was a joy to see. A fairly rare breed in Australia, these wonderful Dandie Dinmont terriers are the perfect dog if you want to be snuggled up on the couch.

I also ran my Nibble The Frog webinar. Eight people had registered with two attending. This is a much higher drop out rate than I get with my in person workshops. I had predicted the opposite so it will be interesting to see if that trend continues when I run it again in September. For the two people that did attend it was more informal and we had a lot of extra time for questions and practising Step 3, which was really beneficial. I was happy to get some experience under my belt of managing the tech, chat messages, and giving the presentation.

This week I'm putting my August plan together for my birthday week, and thinking a bit ahead for Spring Cleaning in between watching lots of the Olympic coverage.

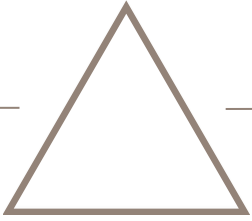
Kerryn

CURRENT
OFFERS

1 AUGUST TO 31 AUGUST 2024

BATHROOM CHALLENGE

Daily Five Minute Spring Cleaning task



TOP TEN DECLUTTERING MISTAKES

On the socials in August I will be doing a series on the Top Ten decluttering mistakes you're probably making.

A preview of the Number One mistake people make: starting their decluttering by pulling everything out of a cupboard or wardrobe.

Please avoid the temptation at all costs.

It's pretend progress. It's inefficient. It makes a mess. It relies on you having the time and energy to completely go through everything and put back anything you're keeping. It doesn't account for interruptions or emergencies.

If you don't finish it's demotivating. If you don't finish you're left with a bigger mess than before you started. It reinforces any negative thoughts you have about your ability to manage your clutter.

You can pull everything out **after** you've decluttered. That's when you finish organising the space, and then clean it.

SPRING CLEANING

In August I will also run the Bathroom challenge to kick off Spring Cleaning a bit earlier than usual.

I find that if you start your Spring Cleaning in September or October it leaves you with very little time to rest and restore before you're heading into your Christmas and end of year preparations.

So if you want to join me and get a head start let me know and I will send you a five minute bathroom task each day.

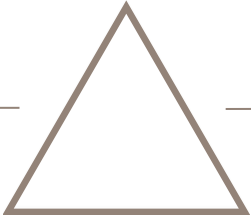


TIP OF THE WEEK

I always recommend you store your food storage containers with their lids on when not in use for lots of reasons.

1. You save your sanity because you never have to search for the correct lid. It's always there.
2. You save time because you never have to reorganise your lid pile. There's no lid pile.
3. You can't fit as many in your cupboards, so you are not as tempted to over purchase containers. You save money.
4. You reduce food waste because you don't store as many leftovers that never get eaten. No mouldy food at the back of the fridge.

I know many of you may want to argue against this one, but try it first. Give it a go for a month.



HELPING HANDS

and your elderly parents

Helping other people declutter can be tricky.

We can feel frustrated people don't appreciate our help; they can feel annoyed thinking we've overstepped.

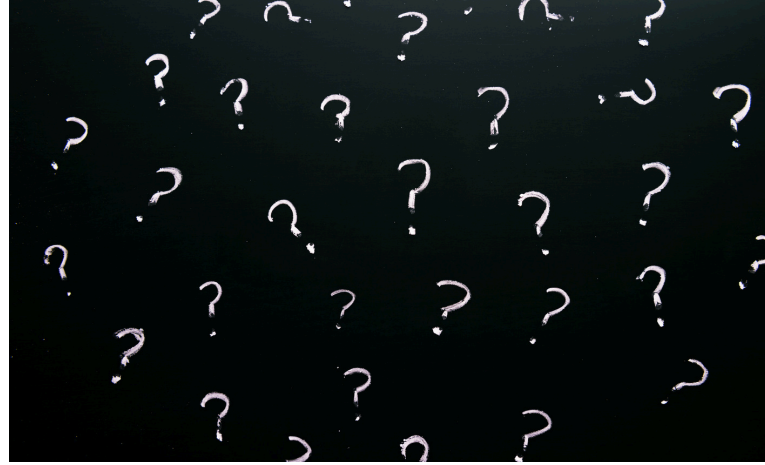
If they are a friend, sibling, partner, parent, or your adult child there are relationship dynamics to manage, different clutter thresholds, different organisation styles and different decluttering style. Perhaps you're a "right handed Marie Kondo style declutterer" and they're a "left handed Kerryn Simmons Coaching" one.

So what's the best way of helping others?

In my new Helping Hands series I'll take you through a different group each week and provide you with tips and things to think about when you want to support others with decluttering.

This week my focus was on some of the things to keep in mind when helping your elderly parents declutter or downsize.

So if you want to know my thoughts on brutal honesty while decluttering and whether to go gently check out the article in the Connected section of the Clear Space website page.



WHY I DON'T ASK WHY

I recently saw a facebook post in an ADHD group where one of the women mentioned how her decluttering coach kept asking her Why she had particular belongings and how much that question slowed down her session.

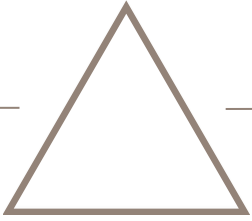
It got me thinking about how in so many work and personal contexts I find Why to be one of the most powerful questions, right up there with So what. I particularly like Why questions when I'm testing my own knowledge and understanding of a topic or concept. I'm quite fond of the Five Why's approach.

So it may surprise you to know I rarely ask clients any why questions. When we're decluttering it's not a first order question, nor is it when we are organising or cleaning.

If you're interested in why not, check out the blog in the Connected section of the Clear Space website page.

If there's a topic you'd like me to cover in a blog or article, please let me know via email clearspace@kerrynsimmonscoaching.com





BEFORE YOU GO

Have you been enjoying the Olympics? I certainly have. Our Aussie women are shining bright. I wanted to be an Olympian after being enthralled watching the gymnastics of the 1976 games in Montreal. Nadia Comaneci scoring perfect 10s and Olga Korbut cementing her legend status. As a child my main sport was the 100 metres and I was pretty handy at long jump and a range of team sports. As an adult I channelled my competitive, athletic spirit into sports climbing and won numerous state titles and a national title competing in the masters division for Bouldering.

So I was thrilled when sports climbing made its debut at the Tokyo Olympics after tireless work from the international federation and many national organisations, including Sports Climbing Australia. We were doing submissions on it at least as far back as 2008 when I was on the Board.

As a demonstration sport in Tokyo the Olympic Committee only agreed to one medal each for the men's competition and the women's competition, despite there being three different disciplines: speed, boulder and lead. This decision resulted in some strange competition results due to the scoring system they devised and because speed specialists were unlikely to be able to get high scores in lead or bouldering. It also added a lot of physical stress and increased injury risks to athletes as they had to train across all three disciplines.

It would be like asking a swimmer to compete in the 1,500 metres freestyle, 100 metres butterfly and then the 200 metres breaststroke to determine who is the best swimmer.

This time round they have added a medal for speed climbing, and kept a combined medal for bouldering and lead. Hopefully by 2028 they will have medals for each discipline.

I can't wait to watch the competitors this weekend. It's a slightly different competition format than regular national and World Cup competitions. Most of the changes are good, including the new scoring system, and it should be exciting for people unfamiliar with the sport.



It would be a complete upset if anyone other than current world champion Janja Garnbret from Slovenia wins Gold in the women's competition. She's a once in a generation talent in bouldering and almost as good in lead. Australia has an outside chance of a podium for silver or bronze with Oceania McKenzie. Osh has grown in strength and maturity since Tokyo and has made several World Cup finals. In the men's competition it's much more open but I'd expect Japan to dominate. I don't think our local boy Campbell is a medal chance, but he is a strong lead climber and it will be great to cheer him on.