



## CLUTTER CREW

I'm gearing up to run Nibble The Frog webinar on Sunday 22 September. It's the life paperwork module again. I'll be doing the digital clutter module in Summer. There is a special bonus available for all subscribers that join the webinar.

I've got a rental inspection this week so I've taken the opportunity to cull a few items, reorganise a bit, and do a deeper clean than normal. Things like the full oven clean and scrubbing all the pavers on the terrace, so I can sit out and enjoy more of those beautiful rainbows I posted on the socials this week.

This edition has my overview of the top nine decluttering mistakes you're probably making, my tip of the week to turn down the volume on your stuff, plus my thoughts on how my bra became a life upgrade, and I've drawn a card of the month from my colour deck for you. It's delicious.

Hope you all have a great week.

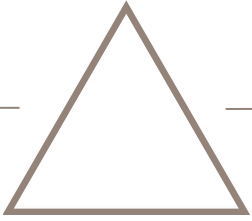
 *Kerryn*

CURRENT  
OFFERS

11AM SUNDAY 22 SEPTEMBER 2024

**NIBBLE THE FROG FREE WEBINAR**

*Register on the appointments page*



# NINE DECLUTTERING MISTAKES

## YOU'RE PROBABLY MAKING

1. Making a mess
2. Creating piles
3. Starting big
4. Whole rooms
5. Hidden places
6. One item
7. Nostalgia
8. Working alone
9. Asking bad questions

There are lots of pitfalls when it comes to decluttering, especially if you struggle with clutter. If you're on social media you will see plenty of examples of people getting deflated when "logical" advice doesn't work for them.

Anytime I see someone reaching out for help in a facebook group I see comments like this:

- just sort into boxes: keep, sell, donate, trash
- just do 30 minutes a day
- just donate if you haven't used it this year

They mean well, but unless they've been in overwhelm they don't really understand how unhelpful they're being.

So screen out the advice from well meaning people and stop making these mistakes.

Number 1. Don't pull everything out of your wardrobe, cupboard, box, drawer etc and make a big mess. Make progress and only progress using the five steps. Then you'll never be in the situation of being surrounded by your stuff and too tired to finish. Or pushing it off the bed so you can go to sleep.

Number 2. Don't start sorting everything into small piles, big piles, or any piles. Deal with each item as you identify it by taking it to its home.



Number 3. Don't start with big decluttering sessions. Smaller sessions are better. They help you build a sustainable habit and keep the process from feeling overwhelming.

Number 4. Don't start by aiming to declutter whole rooms. Micro zones are easier and don't create as much decision fatigue.

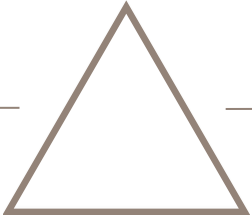
Number 5. Don't start with hidden places like drawers. Prioritise decluttering your highly visible zones like tables, counters and desks to build momentum.

Number 6. Don't declutter one item at a time. Scan the zone for a category of items like trash to reduce decision fatigue.

Number 7. Don't start with nostalgic or highly sentimental items. Neutral builds efficient decluttering muscle.

Number 8. Don't work alone. Get support. A body double is powerful.

Number 9. Don't ask bad questions. Ask the two decluttering questions instead. They help you get to grips with the reality of your space faster.



# TIP OF THE WEEK

## TURN DOWN THE VOLUME

Do you hear your stuff screaming at you?

"Tidy me

Use me

Fix me

Put me away

Donate me

Treasure me

Dust me

Wash me

Clean me"

These are just a few of the things they say.

You might also be hearing:

"Why did you buy me?

You couldn't afford me?

Why can't you find me?

You wasted so much money on me

I don't look good on you

I don't fit you

You don't want me

You don't even like me"

It's emotionally draining. It's mentally fatiguing. No wonder you're exhausted. And that's before you start physically managing the items. Day in, day out your bandwidth is being depleted by these silent assassins. The ghosts of past purchases taunting you with recriminations for the purchasing mistakes, the times you may have overextended yourself, the duplicates you bought when you couldn't find the original, the things you haven't had the time or interest to repair, clean, or donate. The stuff that doesn't have a home, that gets in the way, or that you misplace.

Here's how to silence it.



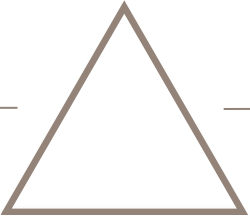
First, please give yourself a break. Remember:

- We all make mistakes. We are not here to be saints. We're here to be human. It's ok to fumble.
- Stores have computer inventory systems and staff to manage all their stock. You have a brain trying to manage thousands of items in your home. It's a full time job and your brain has other things to occupy it.
- We aren't all taught the skills to manage this load. Even if we are, sometimes it's the wrong method for our brain or our stage of life.

Decluttering so that your home is serving you is a huge time, financial and sanity saver.

Second, turn down the noise this week by picking one room each day and taking action. See which object is screaming the loudest. Declutter it, fix it, or find it a true place to live in your home by asking the first decluttering question.

I'll be sharing my "screamers" on Instagram. Feel free to tag me if you share yours.



# UPGRADES

## IS A NEW BRA SELF CARE OR INDULGENCE

For the past eight years I have been classifying my belongings in my home as either economy, premium economy, business class or first class. A simple practice that's helped me look at my belongings in a new light and prompted me to question where in life I settle, where I struggle, and where I doubt that I deserve to live my version of a first class life.

It's been fascinating to see how my ideas on what constitutes first class have changed over the years. Things that once felt like an upgrade no longer do and vice versa. I keep a running list on my phone of the items I'd like to upgrade. You may be surprised to hear that it's rarely how much something costs, and much more often about what aspects of an item I value.

I value things that are organic, simple to maintain, easy to use, comfortable to wear, made from high quality materials, handmade or made by an artisan. I value locally sourced, environmentally sustainable, ethically made, fair wages, and a perfect blend of form and function. Sometimes these factors cost a premium and sometimes they don't. The price point is important, but rarely the most salient factor for me. I will go without and save rather than compromise. A thrift store piece of mid century furniture over a Temu piece anyday.

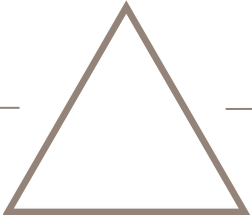
Being more intentional about my purchases has allowed me to buy my business and first class upgrades of items that get a lot of use and last a long time. Items like my vintage French linen sheets that I appreciate and use everyday. I love that they get better with age and will last for years. Expensive in the short term, incredibly economical in the long term. A big impact on my quality of life. True value for money.



First class meant one full set. A top sheet, a fitted sheet, pillowcases and cover. Buying a second set would feel like a downgrade to me. I don't want to manage two sets. Too much hassle and it would put me over my clutter threshold. That would feel economy class. Someone else's first class version might be silk, high thread Egyptian cotton, or bamboo. They may want multiple sets. It's unique.

During the week I went and had a professional bra fitting for the first time in literally decades. It was a huge and unexpected upgrade. This is an area where I had definitely settled for less and frequently made do. I just accepted the pain and discomfort of an ill fitting, poorly constructed bra. I blamed my body for being "wrong" and not the design and manufacture of the bra. I didn't know it was possible to comfortably wear one for the whole day and not want to rip it off the moment you got home.

I immediately added these bras to my upgrade list. It will take me quite awhile to replace my current bras with beautifully comfortable ones. That's ok. I tend to appreciate delayed gratification items more. Here's the other curious thing. When I didn't like my bras there was no way I wanted to create the space for more than three, or manage the upkeep of more. Now that I can imagine a life with beautiful lingerie I'm very willing to create the space for seven. Self care or indulgence? Happily both.



# BEFORE YOU GO

# CHOCOLATE

## Nourish Your Body & Soul

### CARD OF THE MONTH

I pulled a September card for you all from my deck *The secret language of color cards* by energy healer Inna Segal. In answer to the question "what would the Clutter Crew benefit from focusing on this month" I received card 13: Chocolate nourish your body and soul. Segal says:

Chocolate is a mixture of brown and black that links us to the Earth, providing healthy boundaries and encouraging structure. It accesses your shadow side to offer deeper insights and growth, and also provides you with nourishment and resilience. Nourish your body and soul with chocolate.

While sipping some hot chocolate grab some paper and a pen and contemplate what nourishment means to you. Think about ways you can nourish and nurture yourself more. Perhaps write a list of ten ways you may be able to offer nourishment to yourself this month. Discover which of your five senses you want to engage as you nourish your body and soul. There's a thought download sheet on The C Word page to help you.

As a further aid consider these words of wisdom from Rachel Snyder:

Feed yourself whatever makes you feel strong and satisfied inside and out.  
Know the difference between nourishing your hunger and feeding your stomach.