



CLUTTER CREW

This week marks the beginning of Birthday Week with special offers for everyone. As a subscriber to The C Word you get a sneak peak each day and first dibs on every offer being released across my socials to celebrate my 55th birthday.

With the conclusion of Pride Disability month we are back to the final four Sacred Money Archetypes. This week the Maverick is in focus. Also inside is the Tip of the Week, story time is all about my Storage Blues, and Before You Go is a quick refresher on the value of Five Minute Pick Ups.

I'm still enjoying the Olympics and delighted to see Osh Mackenzie doing well in the semi finals with her bouldering and looking forward to her endeavours in lead climbing. Very inspiring and makes me more determined than ever to get strong enough to return to climbing before my 56th birthday.

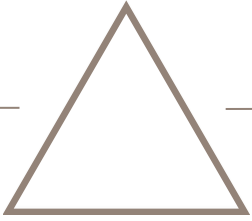
Kerryn

CURRENT OFFERS

FRIDAY 9 AUGUST TO THURSDAY 15 AUGUST

BIRTHDAY SURPRISES

Seven days of special offers | Check your email each day



SACRED MONEY ARCHETYPES

AND YOUR CLUTTER

Mavericks are memorable. They're our rebel with a cause. They love to break the rules. The adrenaline sharpens their focus. They champion the underdog, never cave into the opinions of others, are proud to stand out from the crowd and do things their own way.

The healthy expression of this archetype is courageous, clever, tenacious and bold. They take shrewd risks and push the envelope with their unique take, but sometimes their rebellious side can turn stubborn and stop them from asking for the help they need.

Clutter can hold a maverick back from taking the risks they thrive on. As our most daring and expansive archetype the contraction of clutter really affects their spirit. They want to be subversive, not subsumed by stuff.

The problem is that decluttering can seem like a very boring way for a maverick to spend her time, no matter how much she wants to rid herself of clutter.

This is why the left handed decluttering approach with its faster, easier, smaller time containers can appeal to her desire for innovation over tedium. She already knows the standard methods don't work for her. She doesn't want to hear more of the same old, cookie cutter advice.

If you're a maverick it's your time to free yourself of clutter and show yourself what's possible. Clear your space and get your edge back.

For more information on the archetypes check out creator Kendall SummerHawk or find out your top three archetypes with Denise Duffield Thomas.



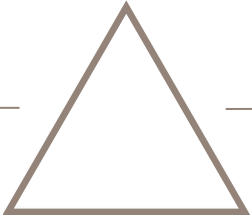
TIP OF THE WEEK

This time we are heading into the kitchen and the bathroom with those of you that find yourself avoiding the task of taking your trash out.

My surprising tip: Consider smaller rubbish bins for your trash.

It's a counterintuitive approach that can reduce both the hassle of emptying trash cans and the yucky side of waste management. Making your rubbish smaller means it's less likely to spill out, become smelly, and give you the icks.

So try some R&D to see if emptying a small bin daily is an easier and more pleasant task for you, than emptying a large bin weekly.



STORAGE BLUES

STORY TIME

Australians spend over \$1.5 billion per year to store items. I was one of them. I spent thousands of dollars over many years storing items that I could have easily repurchased many times over from the funds spent on my storage unit. Sound tragically familiar?

Take just one item. A set of drums that I purchased for about \$350. Drums that once they went into the black hole that was my storage unit were never played again. By the time I eventually cleared the unit and donated the drums my storage unit had cost me over \$12,000. That would have bought a pretty spectacular set of drums. Yes, there were other items in there - some significant, like my record player, most were not, but the main reason I had the unit was for the drums. That was my sentimental side.

Over the course of eight years the monthly payment steadily increased in price. I was busy with family, work and sport when I first rented it. It seemed like too daunting a task to go through my stuff before I turned the space they'd occupied in my into my yoga studio. I thought I'd have the unit for six months, twelve tops.

As the years rolled on I kept de-prioritising clearing it and my memory block about it grew along with the financial costs. I really didn't want to think about it at all. What I thought would be a short term solution became a long term problem. My items were out of sight, out of mind and I was basically paying for the privilege of not dealing with any of them. Paying quite handsomely.

Of course storing my stuff like this wasn't logical, most of it was cheap and easily replaceable items, but when you're overwhelmed renting a storage unit seems like a sensible decision. In reality it's only ever useful as a very short term solution to a particular timing problem. Even then I wouldn't necessarily recommend it. Mostly it's simply delayed decision making. Getting support for the decision making would have been a much wiser investment for me.

So learn from my very expensive mistake. Invest in decluttering support. It is something that will pay off for you ever day of your life. Let today be that day.

Stop the storage. Start your new life.

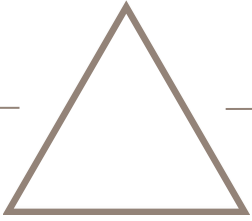
BIRTHDAY SPECIALS

This is the one of the few times during the year that you will receive daily emails from me.

Check your inbox each morning for the next day's special. You're getting them a day early so you have 72 hours to access them instead of the 48 hours available to everyone else.

First one will hit your inbox 8 August for the Friday 9 August offer.





BEFORE YOU GO



FIVE MINUTE PICKUPS

As you declutter each zone, maintain your progress by building the habit of a daily Five Minute pickup. The Five Minute pickup is designed to build trust with yourself, prove to yourself that five minutes really does make a difference, and to let you know when you are under your clutter threshold. If a zone is routinely taking you longer than five minutes to clear it means you are still a little over your clutter threshold. This is good information to have and can help you declutter further or adjust your organisation systems. Grab your Five Minute Pickup Habit Tracker on The C Word section of the site because five minutes each day will change your life quicker than thirty-five minutes once a week.

Steps

1. Set your timer for five minutes or play your favourite five minute song
2. Take your before photo
3. Do the Five Step Progress Only method:
 - a. Trash
 - b. Easy Stuff, remember in zones you've decluttered you rarely need to go past Step 2.
 - c. Donations
 - d. Two Questions
 - e. Make It Fit
4. When your timer runs out STOP and take your after photo
5. Congratulate yourself on being awesome and continuing to maintain your clutter free life.