



CLUTTER CREW

Tomorrow's the big one. A \$1,500 saving on Whole Home is up for grabs. There's also a \$55 gift voucher available to all subscribers to gift to a friend. Did you notice the theme across all the special offers?

Last week I attended the Emerge Australia board meeting, welcomed some new clients, and enjoyed winter weather that felt more like early summer. Unfortunately, I was unable to attend the Sunday morning get together with queer Hiking Group to explore the Royal Botanic Gardens in this lovely weather. Spent the day in bed nursing a headache instead. Fingers crossed that third times a charm.

This week I've got some events with family and friends. Cake and champagne on my birthday and dinner with my family on the weekend.

Inside there's the focus on the Nurturer archetype, the Tip of the Week, an update on UCFYL, and a Hard Home Truth.

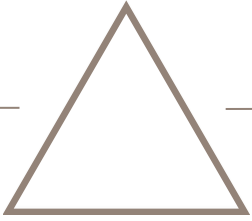
Kerryn

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

Nurturers know how to give. They are the reliable, loyal friend you call upon when you need a safe place to land, a shoulder to cry on, someone who will listen empathetically and be there for you. They are incredibly generous with their time, energy and money.

When out of balance a Nurturer will over give to others and under give to self. This may lead to feelings of resentment and martyrdom, particularly if when they are in need of support no one steps up for them.

Nurturers benefit from practicing self compassion and giving themselves permission to receive. The healthy expression of this archetype takes this mantra to heart: I serve, I deserve. It helps them carve out boundaries and create balance in their relationship to the world.

Clutter steals the time and drains the bandwidth of a Nurturers. Reclaiming space from clutter not only gives a Nurturer a place to rest and restore their own spirit, it also gives them back the time and energy they would rather devote to supporting their friends and family. Decluttering helps Nurturers share their gifts more easily.

Coaching is a space for Nurturers to receive without any expectations in return. It's a non judgemental place for gentle, kind and empathetic care where they get to unapologetically put their own needs first. A change for their good.

If you're a Nurturer it's your time to release the clutter and claim your space.

Find out more about your top three archetypes with the quiz at Denise Duffield Thomas.



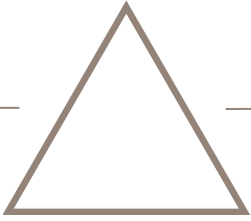
TIP OF THE WEEK

This week's tip: body double by yourself. That may sound like a contradiction in terms but the impact of body doubling isn't limited to having a person with you or on the phone.

Traditional body doubling means doing a task in the presence of another person. The body double does not need to actively help with the task, their presence is enough to make mundane tasks or tasks we're avoiding more bearable.

With the parasocial relationships many of us have online, simply having a voice as company can work. You can body double with audio books, podcasts, radio, YouTube and even music.

Sometimes I prefer a podcast body double over an in person one. Why not give both a try and see what works for you.



BIRTHDAY WISHES

I'm delighted that some of you chose to join my birthday celebrations by taking up one of the special offers.

Remember the 15 August offer has an extended period for you to claim the \$1,500 discount on Clear Space | Whole Home. This is the only time I'm offering this discount in 2024 and if you already have a Clear Space loyalty bonus that doubles to an incredible \$3,000 saving!

Please pass on the Friend to Friend voucher to any of your family or friends that may be struggling with their own paper, digital, or home clutter. They can use it on any Clear Space or Nibble The Frog program, or any in person events. This \$55 discount never expires so your friend can use it anytime, and it may be combined with other offers.

It will be in your email box by Friday evening.

WHAT'S NOT COMING...YET

Clear Space
Whole Home

15 August

\$1,500 off
Offer expires 5pm 31 August 2024

Happy Birthday Week
Kerryn Simmons Coaching

Clear Space
Nibble The Frog

Friend

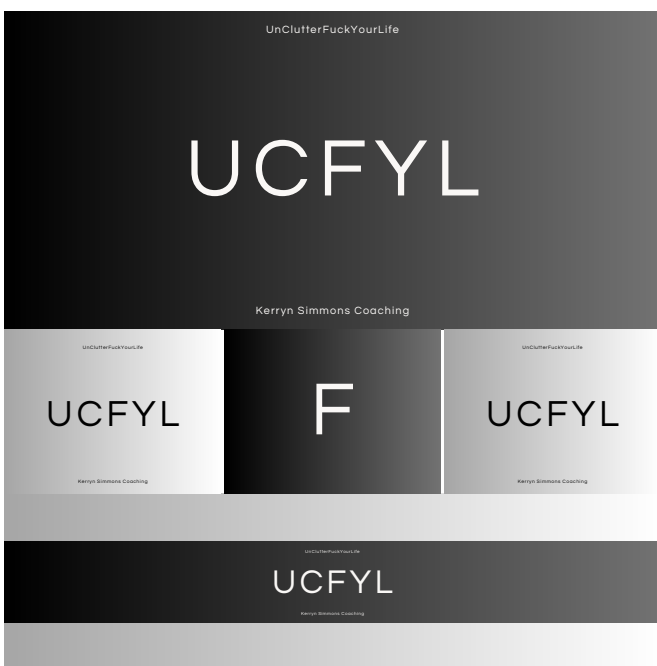
\$55 discount with
any program purchase
Never expires

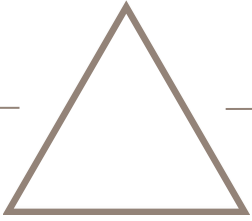
I've made the tough decision to push back opening up the application process for the UnClutterFuckYourLife program until 2025.

I'm really happy with the shape and structure of this new membership program comprised of group and one to one coaching, but I had to face facts and realise that I simply don't have the bandwidth to do the launch any justice at the moment.

A combination of missing some milestones with my illness in May, wanting to consolidate my current programs as they continue to gain traction, and get the podcast up and running.

At this stage I'm looking at a mid year launch for the nine place program with an estimated 1 September 2025 start date.





BEFORE YOU GO



HARD HOME TRUTHS

Organising clutter isn't going to help you.

Some people want it all gone. They are sick to death of all their clutter. They are ready to clean house. Others are negotiating with themselves and think they just need to find the right organisation system and it will all be fine. They are sure that if they could just find the perfect box at Ikea, stack things a particular way, and fold clothes like Marie Kondo, all their clutter problems would be solved.

The hard home truth is that organised clutter is still clutter.

Yes, some folding techniques are better than others, and some containers really do help, and getting a wardrobe if you don't have one is great, but for the bulk of people the true issue is that they have too much stuff for the amount of space in their home, the amount of energy in their body, and the amount of time in their day.

So if you do have some time and energy, avoid using it to organise your belongings. Instead use it to start the process of decluttering. Look for trash, for broken items, for things that you already know you don't want anymore. Get those out first. The rest can follow later. Remember declutter first, organise second, clean third.