



PATHWAYS

Day 2

Learn

Your Fire Horse needs room to run so today we are clearing your pathways by reducing clutter in hallways, entrances and walkways.

We can declutter without making things worse. The No Mess method I teach doesn't rely on you pulling everything out and making loads of decisions one item at a time. Who has the time, energy and bandwidth for that? Instead we only make progress.

The items in any given space belong in one of eight categories. Today we are focusing on three:

1. Obvious Rubbish/Trash
2. Obvious homes elsewhere. Things that already have a designated spot in your home
3. Obvious Donations

These are items that don't require decisions because you already know what to do with them.

Do

Clear your pathways by removing clutter from three categories.

1. Take a Before photo of your entryway or your hallway.
2. Set your timer or play a song for five minutes and remove any Trash in the space, if you are unsure if something is trash leave it.
3. Set your timer for five minutes and take anything that obviously has a Home somewhere else to that home. If you are unsure leave it.
4. Set your time for five minutes and put into a bag or box any items that you definitely want to Donate. If you are unsure about an item leave it. Put your donations in your car and schedule a time to drop them off.
5. Take an After photo.

Share

Share a Before and After photo on instagram.

Daily prizes

Complete today's share task and tag me ([kerrysimmonscoaching](#)) on your socials to go into the drawer to win \$100 voucher to put towards your next session.

Outcome

Completing the Do tasks will create forward movement and spaciousness.

