



CLUTTER HEALING® CONSCIOUS CONSUMING GUIDE

“Every house requires a sturdy foundation. You can build a beautiful home, but it will sink into the ground without a solid base.”

- Unknown

Overview

This guide is a place for you to journal, explore and get curious about your relationship with consumption. It will provide a sacred space to review how you are currently consuming and support your desires to live an intentionally organized life. You will better understand how to shop based on your values and explore how purchases affect the overall mood of you and your home.

It would be premature to provide a guide about intentional home organizing before laying a foundation of how items are currently coming into your home. The intention behind this Conscious Consuming Guide is to unwind the instant gratification consumption culture we have all become entangled with on some level. It is time to treat the earth and one another with more kindness, empathy and respect.

This guide includes a quiz, worksheets, journal prompts, values and gratitude exercises to dive deep into where you currently fit in with consumption and discover where you want to go.

In an effort to conserve trees, I recommend that you use the digital version of this guide. Create a special digital home for it with your notes; however, if you happen to already have a paper journal that you can dedicate to this work by all means, use it! It is wise to consider how you engage with the dwindling supply of the earth's natural resources.

Finally, the resources at the end of the guide serve as sacred space holders for your future consuming experiences, while the Donation + Recycling Guide will teach you how to responsibly release things.

I'm so glad you are here and ready to explore with me.
Let's begin!

Conscious Consuming and Why It Matters

"We are taught to shop not edit." - Lili Pettit



Who is a conscious consumer?

An individual who deliberately chooses items that they believe have a positive social, economic and environmental impact and align with their core values. In short, it means making every purchase intentional.

Every single item is made up of energy, which means every single item you bring into your home carries energy into your space.

Why is this important to explore?

First, as a consumer we must understand the energetic impact that things have on us and our space. If your space doesn't feel calm, clear and clutter-free you might experience consistent low energy and overwhelm on a regular basis. However, this isn't necessarily true for everyone as some individuals thrive in high density environments. Einstein argued that if a space is messy it must mean that the mind is occupied with other thoughts. Honoring what works for you is important, but my guess is that if you are here, you are more interested in living with less than living with mess.

A Princeton University Neuroscience [study](#) found that cluttered environments limit the brain's ability to focus. When a space has a lot of visual clutter, the body's other senses have to ramp up to compensate for an overloaded visual sense. When the brain is processing many items, colors, textures, etc. in one space, it's natural to feel challenged in your own home. Your body and all the senses are working overtime creating a complex energetic load that you aren't meant to carry consistently. Over time, living with excessive clutter can lead to burnout, anxiety, confusion and a lack of joy.

The collective overwhelm the world is experiencing can be reduced by starting to balance out the energetic load we have in our homes. How and what we are consuming all starts at home.

I'm sharing a few statistics below not to scare you but to lay a foundation of understanding of where we are when it comes to consumption. The human race has become accustomed to a culture of convenience and one that relies heavily on disposable items. If we are going to change the direction we are headed, it's vital to learn what is actually happening.

- $\frac{1}{3}$ of global food is wasted every year, [43% coming from homes](#).
- [84% of clothing ends up in the landfill or incinerators](#). The average American throws away about 81 pounds of clothing every year.
- [54% of Americans](#) are overwhelmed by the amount of clutter they have, but [78%](#) have no idea what to do with it.
- [9.4% of U.S. households](#) rent a self-storage unit.
- The average American makes [5 impulse buys a week](#).
- The average U.S. household has [300,000 things](#).
- According to [World Bank](#), currently, 1.3 billion tons of municipal solid waste is generated in the world every year and this is expected to increase to 2.2 billion tons by 2025.
- One of the [most harmful types of waste being produced](#) in abundance is plastic.
- Every hour, Americans [throw away 2.5 million plastic bottles](#).
- Over [300 million tons of plastic](#) are produced every year, half of which is used to create single-use items such as shopping bags, cups and straws. If discarded improperly, plastic waste can harm the environment and biodiversity. [At least 14 million tons](#) of plastic end up in the ocean every year.

Know that you are not alone in being part of the statistics above. Together we can do our part to create a new relationship with consumption, borrowing from our communities and learning how to simply live with less. Let's explore your current relationship with consumption next.



Our Relationship with Consumption

"Sell your cleverness and buy bewilderment. Bewilderment brings intuitive knowledge." -Rumi



We all have a unique connection to shopping. I used to spend hours hunting for the best deals at discount clothing and home goods stores. Reflecting on that time, I have come to realize that all those hours were a way to numb the pain and disappointment of things that had happened during my childhood. I was seeking validation and love in big box stores (under fluorescent lights, filled with recycled air and toxic chemicals from items most likely produced in horrendous working conditions) and did not have the skills to love myself just yet.

I was lost and found comfort in bargain shopping, for finding the deal meant that I had accomplished something worthwhile.

I have zero regrets about the hours I spent shopping. In fact, the experience pushed me to a place of depression so unbearable that I had to change. And I began to wonder if I was not alone in the experience? Maybe there were people just like me craving a life based on more than external validation and accumulation? What if we were all seeking the same thing, just in different ways?

After years of therapy, 1000s of hours of breathwork and committing to a life filled with consistent personal development work, I am still a work in progress. I don't believe we are ever fully healed from the addiction or traumas we experience in our lifetime. What I do believe is that we evolve, we learn, we grow over time. Once we intimately know ourselves, we can imperfectly navigate the ups and downs of life with radical self-compassion and self-love.

Nowadays, I'm a mom, a business owner and have a life partner. My time is invested in my family, my home, my health and my work instead of mindlessly consuming.

When I bring items into my space I pause and evaluate it's purpose, it's energy and it's impact. None of these changes happened overnight. These changes have taken place over the past 22 years. Little by little. Step by step. Brick by brick. I've also committed myself to creating sacred spaces for others that feel uplifting, comforting and calm. The road to get here was unclear most of the time but slowly over the past few years I've started to feel the same comfort I've provided to others through clutter clearing and setting up a home that flows with vibrant energy inside of myself. I'm starting to feel at home with who I am and I know that you can too.

As we shift and change throughout our lifetime, our energy and needs change as well. There is always wisdom in remaining the student, so that we never close ourselves off to something that may benefit us. The Rumi quote, "Sell your cleverness and buy bewilderment. Bewilderment brings intuitive knowledge," asks us to remain open. When we are baffled and confused we are more likely to seek creative solutions to our problems.

I share my journey and life experiences with you as food for thought, a new way of seeing a pattern and as a suggestion, rather than "my way is the only way." You can take what you want and leave the rest. I'm here to support you with open arms and without judgment.

As you move through the guide, keep a close eye on what you may have learned from societal pressure vs. your own intuition and values. With the popularity of the minimalism movement and the home organizing industry, we are slowly being shown that living with less is an acceptable option. Welcome home.



What Type Of Shopper Am I?

*“Under the influence of clutter, we may underestimate how much time we’re giving to the less important stuff.”
-Zoe Kim*



Let me first say, shopping doesn't need to have a negative or bad connotation. We will most likely need to buy basic necessities through traditional commerce transactions until the ways of the world shift to a new economy. Until then, if we desire to shop for pleasure and have nice things, by all means do it! However, retailers, marketers and societal pressures will always push us to buy for the sake of buying, not for the good of all concerned.

According to [Ruth Engs](#) from Indiana University, some people develop shopping addictions because they essentially get addicted to how their brain feels while shopping. As they shop, their brain releases endorphins and dopamine (often known as "happy hormones"), and over time, these feelings become addictive. A professor in applied health sciences, Engs claims that 10 to 15 percent of the population may be predisposed to these feelings.

How we were raised also influences our shopping behaviors. As we mature and start having our own spending power, the things we saw as children will influence the way we consume. For example, if our caregivers gave us gifts as a way to show their love, or tangible items were used as peace offerings amongst our peers, it is easy to follow the same pattern.

It's important to note that if you have concern or believe you may have an undiagnosed shopping addiction, professional help is available. [Psychology Today](#) is one of many resources to find an addiction specialist.

I developed the following quiz for you to become more familiar with various types of shopping behaviors. You will most likely be a combination of a few types of shoppers, however one might be more dominant. Read each statement and check the box next to it if you feel like this describes you some or most of the time. Have fun with this!

Remember that this quiz is for exploration and curiosity. As humans we are complex and are in a constant state of change.

WHAT TYPE OF SHOPPER AM I?

INSTANT GRATIFICATION OR IMPULSE - RETAIL THERAPY IS MY THING!

- I seek to fill an emotional need by shopping for things
- I'm always adding things to online shopping carts and can't keep up
- Things show up at my door that I don't remember buying
- Overspending has created problems in my life
- I feel a rush when I am making a purchase but often a low when I see the amount of things I've accumulated
- When I watch restocking reels or product reviews on IG I feel a strong pull to buy the products

RESEARCHER OR ARMCHAIR ANALYST - I BUY ONLY AFTER CAREFULLY COMPARING ALL OPTIONS

- I wait to buy until I'm absolutely certain I know everything about the product
- When shopping for a specific item, I spend hours online comparing different options
- I will ask friends and family about their experience with certain products to make sure I've done my homework
- I'm all about Consumer Reports and sites that compare multiple brands to one another
- Investing in the "right thing" is an important value for me

BARGAIN HUNTER - I PURCHASE BASED ON PRICE AND PRICE ALONE REGARDLESS IF THE ITEM IS NEEDED

- I'm not bothered by driving to destinations far from my home to get a discount
- I will buy things if they are on sale even though I might not really need them
- If a company offers a discount code in exchange for my email and or phone number, I'm all over it!
- When at the grocery store, I'm the one getting all the BOGO items!
- I have a garage or spare bedroom filled with things I never use but they were a good deal

WHAT TYPE OF SHOPPER AM I?

MISSION DRIVEN OR LIST FOCUSED - I ONLY BUY WHAT'S ON A LIST FOR A SPECIFIC NEED/PURPOSE

- I have a running list in my phone for things that I need to replace when the time is right
- I limit my shopping times to specific days or weeks
- I am savvy to marketing gimmicks at check-out stands + rarely fall into the trap of adding unnecessary items to my cart
- It is important to me that what I purchase will work for my lifestyle
- Quality and longevity are important characteristics of every item I buy

EARLY ADOPTER - I SHOP BASED ON TRENDS AND THE "LATEST" THING OUT

- When the new iPhone is announced I sign-up right away
- Social media advertising pulls me in and I must try out the new thing for fear of missing out
- I'm often the person in my peer group who talks about the trends or new things on the market
- Seeing someone with a newer version of an item I own makes me feel jealous.
- I'm willing to spend extra money and/or time to make sure that I stay in the know and have the newest version of certain items

EXPERIENTIAL - IF YOU MAKE ME FEEL SPECIAL I WILL BUY FROM YOU FOREVER

- I enjoy going into stores or buying from places that offer a free gift (or samples) with purchase
- I love when I'm served a nice beverage and asked about my needs while shopping
- If a store creates a VIP experience where I feel pampered and special, I will come back again and again
- Having an "insiders club" or a place that is only for certain clients makes me want to support your product/brand
- There are a handful of stores who really get me with their branded shopping bags - I can't seem to let them go!

WHAT TYPE OF SHOPPER AM I?

JUST IN CASER - I LIKE TO KEEP A LARGE BACKSTOCK AND/OR COLLECTION OF THINGS

- Pre-pandemic, I often bought back-stock of products that I do not have room for at home “just in case” I needed them
- I regularly buy gifts to give others just in case I don’t have time to shop before a future party but I have trouble keeping track of them
- If I see something that I have used (but don’t currently need) at what I think is a ‘good’ price (even if it’s not on sale), I will buy it
- I collect at least one category of items (sports teams, characters, theme, animal, type of jewelry, type of shoes, media, etc.) because they make me happy, but many of my purchases are still in boxes or the bags they were purchased in
- I have purchased storage facilities for my collections and I am already out of room again, help!



THE CONSCIOUS CONSUMER

After you have finished the quiz and find which type of shopper you most resonate with, examine the list of Conscious Consumer traits below. Check the boxes that describe you!

CONSCIOUS CONSUMER

I DO MY BEST TO MAKE EVERY PURCHASE INTENTIONAL

- I only buy from a certain type of business or businesses owned by a specific community
- I check the labels and manufacturing processes on every product
- I'm aware of my financial health and review my bank balance before every major purchase
- I put items in my carts but don't buy them until much later, or not at all
- I tend to buy used or upcycled items
- When I buy, I invest with companies who create with the earth in mind
- I tend to save money easily and invest in experiences more than things
- I'd rather go on an adventure than buy new clothes
- I prefer to shop for food at a local farmer's market vs. big box stores
- I strive to reduce the number of single use plastics in my home
- I compost my food scraps and support the reduction of greenhouse gasses
- I always check my inventory levels before buying
- I'm aware of food waste in the US and do my best to buy local and not throw food out
- I believe climate change is real and I do my part to reverse it

What are some simple ways you can weave more conscious consuming practices into your life? Brainstorm and reflect below.

NEEDS VS. WANTS WORKSHEET

Becoming a conscious consumer doesn't mean that you must deny pleasure or never shop again. It simply means looking at the bigger picture and reflecting before and after you make a purchase. Note the feelings that come with purchases. The highs and the lows. Over time, you will notice a pattern and make choices based on what feels best.

Use the space below to make a list of all things you would like to buy, from vacations and new headphones to groceries and dish soap. Include it all! Then, use the following worksheet to evaluate each item with the prompts given to see if it is a NEED or a WANT. Some items could be both! There are no right or wrong answers. (I've only included one worksheet to save space, but you can use a journal or your phone/computer to keep going!)

This exercise is meant to strengthen your conscious consuming muscles. You'll begin to think about your purchases at a deeper level and hone in on the energy that flows into your space.

Once you've completed your worksheets and know whether the items are needs or wants, I suggest creating a list in a digital form (think iNote) and having it with you at all times. When you are out and about or perusing the internet and feel tempted to buy, refer to your list and remember how you want to use your purchasing power.

ITEMS I'D LIKE TO BUY

NEEDS VS. WANTS WORKSHEET (EXAMPLE)

ITEM

Vacation to Fiji

ASK YOURSELF

Do I have space for it and where will it live in my home? How often will I use it? Will this purchase get me closer or further from my goals? After this purchase, how do I want to feel? How might I feel?

This vacation won't take up any space, but souvenirs might! It will get me closer to my goal of more self-care but it won't get me to my goal of saving \$5k this year. After purchasing this vacation, I want to feel relaxed, but spending the money might make me more stressed out right now.

IS THIS A NEED OR A WANT?

WANT

ITEM

Groceries

ASK YOURSELF

Do I have space for it and where will it live in my home? How often will I use it? Will this purchase get me closer or further from my goals? After this purchase, how do I want to feel?

I will have to clean out my pantry of expired items, but groceries will fit in there. I will make meals this week and use all the ingredients I'm getting. I will get closer to my goal of eating more at home. After buying groceries I want to feel nourished and healthy. I might feel full if I eat too much!

IS THIS A NEED OR A WANT?

NEED

NEEDS VS. WANTS WORKSHEET

ITEM

ASK YOURSELF

Do I have space for it and where will it live in my home? How often will I use it? Will this purchase get me closer or further from my goals? After this purchase, how do I want to feel?

IS THIS A NEED OR A WANT?

ITEM

ASK YOURSELF

Do I have space for it and where will it live in my home? How often will I use it? Will this purchase get me closer or further from my goals? After this purchase, how do I want to feel?

IS THIS A NEED OR A WANT?

How Our Values Influence Our Consumption

“A lot of the conflict you have in your life exists simply because you’re not living in alignment; you’re not being true to yourself.” — Steve Maraboli, Unapologetically You

Actions are more achievable when they are driven by values. 2020, the year when the world changed as we knew it, made this even more clear to me. In a time of rapidly changing lifestyles and goals, it was more important than ever for me to feel aligned with people, things, and the world at large.

According to a [UC Davis article](#), values are defined by the beliefs and needs you hold that impact all areas of your life.

Oftentimes students and clients come to me and want their spaces to feel different and function more optimally, yet when I ask about their values, they don’t have an answer. It’s not commonplace to have an awareness of your values and why they are important unless someone close to you modeled their importance. This was definitely never modeled in my home. We were a family of many ups and downs, mostly colored by my father’s alcoholism.

I recently received a call from a virtual organizing client whose main complaint was that she couldn’t stop all the kids’ stuff from coming into the house. Even after decluttering time and time again, all the things built back up again. This person also shared that she had several closets filled with items that her husband knew nothing about. She was very clear that she wanted systems, clutter-free countertops and her mental load to be lightened. Yet she had no plan, no path, and many roadblocks standing between the home she desired and the one she was currently living in.

Values are like a glue that help us stick to our boundaries and make clear decisions. When we allow things to flow into our shopping carts and make their way into our homes without any sort of filter, the clutter will pile up! Period.

So how do we make better choices and keep our houses feeling clean and clutter-free?

Know our top 5 values.

I’ve included a long [list of values](#) and a short values exercise. Once you are more clear with your top 5 values, it should become much easier to navigate the world of consumption.

For example, one of my top values is **well-being**. Clutter, debt and having items in my home that do not have a purpose or a place to be put away makes me feel energetically heavy, more easily confused and overwhelmed. When I am not clear, I may reach for an extra helping of food even though I’m already full, or I won’t do my meditation or exercise as my mind and body are already on overdrive from the extra things in my space. However, when I have less stuff in my space and there is no excess to mentally manage, I feel calm, clear and present. The value of **well-being** deeply influences my purchasing behavior as I desire to feel as well and as good as possible all the days of my life.

LIST OF VALUES

ACCOUNTABILITY
ACHIEVEMENT
ADAPTABILITY
ADVENTURE
ALTRUISM
AMBITION
AUTHENTICITY
BALANCE
BEAUTY
BEING THE BEST
BELONGING
CAREER
CARING
COLLABORATION
COMMITMENT
COMMUNITY
COMPASSION
COMPETENCE
CONFIDENCE
CONNECTION
CONTENTMENT
CONTRIBUTION
COOPERATION
COURAGE
CREATIVITY
CURIOSITY
DIGNITY
DIVERSITY
ENVIRONMENT
EFFICIENCY
EQUALITY
ETHICS
EXCELLENCE
FAIRNESS
FAITH
FAMILY
FINANCIAL STABILITY
FORGIVENESS
FREEDOM
FRIENDSHIP
FUN
FUTURE GENERATIONS
GENEROSITY
GIVING BACK
GRACE
GRATITUDE
GROWTH
HARMONY
HEALTH
HOME
HONESTY
HOPE
HUMILITY
HUMOR
INCLUSION
INDEPENDENCE
INITIATIVE
INTEGRITY
INTUITION
JOB SECURITY
JOY
JUSTICE
KINDNESS
KNOWLEDGE
LEADERSHIP
LEARNING
LEGACY
LEISURE
LOVE
LOYALTY
MAKING A DIFFERENCE
NATURE
OPENNESS
OPTIMISM
ORDER
PARENTING
PATIENCE
PATRIOTISM
PEACE
PERSEVERANCE
PERSONAL FULFILLMENT
POWER
PRIDE
RECOGNITION
RELIABILITY
RESOURCEFULNESS
RESPECT
RESPONSIBILITY
RISK-TAKING
SAFETY
SECURITY
SELF-DISCIPLINE
SELF-EXPRESSION
SELF-RESPECT
SERENITY
SERVICE
SIMPLICITY
SPIRITUALITY
SPORTSMANSHIP
STEWARDSHIP
SUCCESS
TEAMWORK
THRIFT
TIME
TRADITION
TRAVEL
TRUST
TRUTH
UNDERSTANDING
UNIQUENESS
USEFULNESS
VISION
VULNERABILITY
WEALTH
WELL-BEING
WHOLEHEARTEDNESS
WISDOM

LIST OF FEELINGS

ACCEPTING / OPEN

CALM
CENTERED
CONTENT
FULFILLED
PATIENT
PEACEFUL
PRESENT
RELAXED
SERENE
TRUSTING

ALIVENESS / JOY

AMAZED
AWE
BLISS
DELIGHTED
EAGER
ECSTATIC
ENCHANTED
ENERGIZED
ENGAGED
ENTHUSIASTIC
EXCITED
FREE
HAPPY
INSPIRED
INVIGORATED
LIVELY
PASSIONATE
PLAYFUL
RADIANT
REFRESHED
REJUVENATED
RENEWED
SATISFIED
THRILLED
VIBRANT

ANGRY / ANNOYED

AGITATED
AGGRAVATED
BITTER
CONTEMPT
CYNICAL
DISDAIN
DISGRUNTLED
DISTURBED
EDGY
EXASPERATED
FRUSTRATED
FURIOUS
GROUCHY
HOSTILE
IMPATIENT
IRRITATED
IRATE
MOODY
ON EDGE
OUTRAGED
PISSED
RESENTFUL
UPSET
VINDICTIVE

COURAGEOUS / POWERFUL

ADVENTUROUS
BRAVE CAPABLE
CONFIDENT
DARING
DETERMINED
FREE
GROUNDED
PROUD
STRONG
WORTHY
VALIANT

CONNECTED / LOVING

ACCEPTING
AFFECTIONATE
CARING
COMPASSION
EMPATHY
FULFILLED
PRESENT
SAFE WARM
WORTHY
CURIOUS
ENGAGED
EXPLORING
FASCINATED
INTERESTED
INTRIGUED
INVOLVED
STIMULATED
DESPAIR / SAD
ANGUISH
DEPRESSED
DESPONDENT
DISAPPOINTED
DISCOURAGED
FORLORN
GLOOMY
GRIEF
HEARTBROKEN
HOPELESS
LONELY
LONGING
MELANCHOLY
SORROW
TEARY
UNHAPPY
UPSET
WEARY
YEARNING

DISCONNECTED / NUMB

ALOOF
BORED
CONFUSED
DISTANT
EMPTY
INDIFFERENT
ISOLATED
LETHARGIC
LISTLESS
REMOVED
RESISTANT
SHUT DOWN
UNEASY
WITHDRAWN
EMBARRASSED / SHAME
ASHAMED
HUMILIATED
INHIBITED
MORTIFIED
SELF-
CONSCIOUS
USELESS
WEAK
WORTHLESS
FEAR
AFRAID
ANXIOUS
APPREHENSIVE
FRIGHTENED
HESITANT
NERVOUS
PANIC
PARALYZED
SCARED
TERRIFIED
WORRIED

FRAGILE

HELPLESS
SENSITIVE
GRATEFUL
APPRECIATIVE
BLESSED
DELIGHTED
FORTUNATE
GRACE
HUMBLED
LUCKY
MOVED
THANKFUL
TOUCHED
GUILT
REGRET
REMORSEFUL
SORRY
HOPEFUL
ENCOURAGED
EXPECTANT
OPTIMISTIC
TRUSTING
POWERLESS
IMPOTENT
INCAPABLE
RESIGNED
TRAPPED
VICTIM
TENDER
CALM
CARING
LOVING
REFLECTIVE
SELF-LOVING
SERENE
VULNERABLE
WARM

DISCOVER MY TOP 5 VALUES

"You'll never get organized if you don't have a vision for your life." - Linda L. Eubanks

1. A LIST OF VALUES

Look over the provided list of values and write down the ones that immediately speak to you. Try to keep the list to under 20 if you can.

2. PEOPLE YOU ADMIRE

Next, think about the people you call heroes and the people you most admire. Consider what values they embody and make a note of those here as well. For example, you may admire Martin Luther King Jr. for his empathy toward others and his tireless efforts in social justice. His values may include responsibility, service, kindness and making a difference. On the other hand your best friend may represent adventure, creativity and beauty. There is a strong chance your own values will be similar if not identical to your personal heroes.

3. LIFE EXPERIENCES

Set a timer for 1 minute. Close your eyes. Recall a time in your life when you were the happiest. Allow yourself to feel it in your body. Sit with it for a moment once you've connected with it. Then make a short note about that time. What was happening during that time? What were you doing? What were the sights, sounds, tastes, feelings? Be specific. Write it below.

An example would look like this: *My first trip to Costa Rica. I felt the warm sun on my skin and my body felt almost weightless during my entire trip. It felt effortless to connect with strangers even in a foreign language. My body and mind were relaxed. In fact, it was one of the last times in my life I can recall feeling fully relaxed and without the weight of so many responsibilities. I had no desire to care-take or fix anything. My life felt like it was working and I had all my needs met. I enjoyed trying new foods, going fast through the jungle on an ATV and stepping into the unknown. I felt challenged in the best way and free to simply be me without an agenda.*

4. FOCUS ON THE FEELINGS

Focus on the main feelings you had during this time. Write those specific feelings/emotions here. Go wild. Don't hold back. You can choose as many words as you like and we will narrow them down in the next step. Refer to the list of feelings if you need support in coming up with this list.

5. FIND A CENTRAL THEME

Look over the list of emotions you wrote down above and see if you can categorize them into broader themes. For example, determined, inspired and creative could all go under the theme of energized.

6. NARROW IT DOWN

Now that you have a list of emotions and a list of values, choose 5-10 values that most resonate with the lifestyle you desire. If you are having a hard time narrowing it down to 5-10, set it aside for a day or two and come back to it when you've had more space to contemplate. Just like in the "Focus on the Feelings" example, you can create broad themes with the values.

For example, the values of giving back, future generations and service could all fall under the central theme of community. If community is important to you, it's likely you make choices that think about the impact on future generations and participate in giving and serving in some way. Simple things like picking up trash or conserving water are all ways you may already contribute to your community without knowing it is a core value. Hooray!

7. COMMIT TO YOUR CORE VALUES

I've said it before and I will say it again, micro habits are your new best friend! If we try to take on too much all at once, we will become overwhelmed and most likely give up. It's the cumulative baby steps that will build your better future.

For this next step, I'd like you to choose one simple thing you can do every day or once a week to support your core values. For example, every morning I look at my list of core values and decide my daily priorities based on that list. Well-being is one of my top 5 core values. As I move through my day I make sure that my well-being value is nourished. Simple ways I can engage with my well-being: call or text a friend, give my partner a hug and receive his love back, move my body, meditate for 5 minutes or write a gratitude list. None of these micro habits require much of my time or effort, but when practiced consistently, the benefits add up and I find myself more balanced and fulfilled.

Now you get to write out one simple and manageable daily commitment for each of your top 5 values. Make it work with your schedule and your available energy resources. Adding in a new micro habit should add fuel to your internal positivity - not make you feel drained or frazzled. Go!

Side note: You do not have to do something for each value every day! Play with this and see what works for you. Values should enhance your life like a loving partner and make your decisions easier. If nourishing them feels stressful, change it up! You have the power to make this exercise look and feel however you want!

CREATE A SCREENSAVER



As humans we need constant reminders to keep us grounded. Take a moment to fill out the screen saver below using my example as inspiration. If you have printed the guide, you can hand write your answers and take a photo with your phone to create the screensaver. If you are looking at the guide on your phone or computer, you can screen grab it and then fill it out with your edit tool.

Allow this screensaver to be an anchor to your truth. When you are out in the real world and feel a bit untethered to your values it will be there to remind you of who you are! You've got this friend!

Next is an example of my screensaver.

3 Top Values

1. *Well-being*
2. *Community*
3. *Honesty*

3 Alternatives to Shopping

1. *Create an "Eat First" bin for produce*
2. *Stand barefoot on the grass and connect to the present moment*
3. *Take a walk with a neighborhood friend*

3 Consuming Commitments

1. *I pause for at least 48 hours before making purchases*
2. *I choose package-free options when available*
3. *I invest in quality over quantity*

"Your home is living space, not storage space." Francine Jay

3 Top Values

- 1.
- 2.
- 3

3 Alternatives to Shopping

- 1.
- 2.
- 3

3 Consuming Commitments

- 1.
- 2.
- 3

“Your home is living space, not storage space.” Francine Jay

Current Inventory vs. Dream Inventory

"It's from our sufferings that we form our consciousness." - Lisa Bonet



It's a funny thing how so much stuff ends up in our houses yet we often can't recall how it even got there! You with me?

After exploring what conscious consumption is and why it matters, learning more about the most common types of shoppers and claiming our top 5 core values, this next exercise challenges us to look at the things we currently own with a new set of eyes.

If you realize that your home is filled with things that don't align with your core values, that's ok! Every day is an opportunity to begin again.

WHAT I CURRENTLY OWN

“The question of what you want to own is also the question of how you want to live your life.” –Marie Kondo



You are going to choose one item currently in your home within each of the 6 broad categories listed below. After you select the item you will find 4 questions to answer about the item. Finally, if any of the items you examine do not match your values or the person you are becoming, there is space to create a plan for releasing it responsibly. There is an example worksheet included as well. Let's dive in!

Choose one item in your home from each of the categories listed below:

- Clothing
- Food
- Technology
- Personal Care
- Hobbies
- Media

Answer these questions about each item:

- How is it made and by whom?
- What purpose does the item fulfill?
- Do you have a sentimental connection to this item? If yes, explain.
- Does it match your values?

If the item doesn't match your values, make a tangible plan with a deadline to remove it from your home. (See resources page at the end of this guide for releasing responsibly.)

EXAMPLE: Below you will find an example of how to evaluate one of the items from the categories listed. I would do the same practice for each additional category, exploring items in my current home inventory.

Choose one item in your home from each category:

Clothing:

Food:

Technology:

Personal Care: *Soap*

Hobby:

Media:

How are they made and by whom?

Clothing:

Food:

Technology:

Personal Care: *On a Wisconsin family run farm in small batches*

Hobby:

Media:

What purpose does the item fulfill?

Clothing:

Food:

Technology:

Personal Care: *Cleanse our bodies*

Hobby:

Media:

Do you have a sentimental connection to this item?

Clothing:

Food:

Technology:

Personal Care: *No but supporting small business tugs on my heartstrings.*

Hobby:

Media:

Does it match my values?

Clothing:

Food:

Technology:

Personal Care: *Yes! Shopping small and supporting a family which is part of my community value!*

Hobby:

Media:

Plan to remove items not matching my values:

In this case, the soap does match my values but if it didn't, a plan to replace it with something else would look like:

Research best soap practices for the planet and sustainability: use the soap that I currently have so as to not be wasteful; invest in a soap line that better supports my values going forward.

Choose one item in your home from each category:

Clothing:

Food:

Technology:

Personal Care:

Hobby:

Media:

How are they made and by whom?

Clothing:

Food:

Technology:

Personal Care:

Hobby:

Media:

What purpose does the item fulfill?

Clothing:

Food:

Technology:

Personal Care:

Hobby:

Media:

Do you have a sentimental connection to this item?

Clothing:

Food:

Technology:

Personal Care:

Hobby:

Media:

Does it match my values?

Clothing:

Food:

Technology:

Personal Care:

Hobby:

Media:

Plan to remove items not matching my values:

Weaving Our Values Into Our Shopping Experiences

“Create the highest, grandest vision for your life because you become what you believe.” - Oprah Winfrey

Now that you have evaluated a few key items in your home, it's time to start leaning into your ideal inventory. This exercise is about you dreaming big, not holding back and allowing yourself to see, hear, taste, smell and feel the home that your heart desires.

The following journal prompts are designed to help stoke your internal fire to envision your home's full potential. Let your imagination run wild!

This practice will allow you to begin creating a relationship with each of the elements reflected in your writing. Allow this to be a living vision board so to speak. Write it. See it. Feel it. Add it.

For example, if you want more greenery or plant life in your space, start by simply picking a wildflower in your neighborhood or asking a friend if you can propagate one of their plants.

All great changes are birthed from tiny consistent action.

JOURNAL PROMPTS FOR VALUES + SHOPPING



1. Now that you know your top 5 values AND have evaluated a few things currently in your home, describe your future relationship with consumption. A few thought starters to consider: Who do you want to support? Where will you shop? What kind of energy will items you buy going forward carry?

Blank space for writing the response to prompt 1.

2. Imagine all your financial needs were met and you had an abundance of money. How would your home feel, look, smell, taste or sound? Let yourself dream big here!

Blank space for writing the response to prompt 2.

3. Write a letter to your future self. 5 years from now how will your relationship to consumption have changed? What have you done differently? What has remained the same? What have I learned? What has been a struggle and what felt easy?

Blank space for writing the response to prompt 3.

Self-Care Practices to Support Conscious Consuming

“The first step in crafting the life you want is to get rid of everything you don’t.” - Joshua Becker

Hopefully now that you are armed with more information about the type of shopping you typically do, and are more aware of your values, you will more easily make choices around consumption that feel emotionally and physically sustainable.

The next few pages include a handful of self care practices that I personally use on a regular basis. If you are new to self care practices and don’t believe them to be effective, I appreciate the skeptic in you. If you feel like you don’t have time to do a self care routine - I hear you! I often feel like I don’t have the time to journal and take care of my house, however taking care of myself for 5 minutes a day BEFORE I start taking care of everything else gives me the kind of energy and support I need to consistently be my best self.

Above all else, I have found that the more I’ve learned to love myself and love my home regardless of the current circumstances, the less I feel I need to buy. Love is a miracle salve that can soothe almost any ailment.

In the following pages, you will find tips to keep on hand before making any purchase, journal prompts for reflection and release, affirmations for changing consumer behavior and gratitude practices that will re-wire your brain. I hope you find them supportive to your conscious consuming journey and overall mental well-being.



WHAT TO DO BEFORE YOU BUY



✓ Check in with your emotional state:

- How am I feeling, really?
- How is my physical body?
- How is my mental body?
- How is my emotional body?



✓ **Pause** before purchase and avoid buying on impulse - allow 24 hours to let it simmer. If you do buy something and regret it, try to not beat yourself up. Tomorrow is a new day and an opportunity to start over.



✓ **Consider the energy** the item(s) will bring into your home and life. How items are made will affect the energy in your space. All things carry energy and you can start making a conscious connection to all your purchases right now!



✓ **Scan your home** and take inventory of your space and needs.

Ask yourself:

- Does this item align with my values?
- Where will I store it?
- How often will I use it?
- Could I borrow it from a friend? (Gifting groups like Buy Nothing and Freecycle offer a wealth of alternatives to buying new.)

JOURNAL PROMPTS FOR RELEASE + REFLECTION

According to the [University of Rochester Medical Center](#), not only can journaling be our own safe haven when the rest of the world feels out of control but it can also help us to track triggers. As we build the self-care practice of unloading our mind through pen and paper, we start to recognize patterns. Once we build awareness around the patterns that make us feel uncomfortable, or out of alignment with our values, we can then start to make moves toward change more easily. Here are a few stem sentences to help you reflect, release and reset.

When I shop consciously, I feel more _____.

When I release any shame around shopping, more space is created for _____.

The next time I desire to buy something I commit to _____ before buying.

It would feel _____ if my shopping habits matched my values.

I am releasing any negative thoughts or ideas I have about consuming and replacing them with _____.

Affirmations For Change

"I am no longer accepting the things I cannot change. I am changing the things I cannot accept." -Angela Davis



Affirmations coupled with visualization techniques are one of many ways that you can retrain your brain when the urge to shop comes up. When you need a little reminder of how spending money and shopping make you feel, refer to the list of positive affirmations on the next page.

[Mel Robbins](#) talks about the crucial missing link with most “manifestation” work. We are taught to write down our goals, speak positive affirmations and see ourselves stepping into a better version of ourselves. However, the step that most teachers forget to include while teaching how to work with affirmations is about connecting to the desired emotional outcome.

I would compare it to attempting to listen to your child while you’re looking down at your phone texting someone else. You aren’t fully present for either experience and probably won’t get the most out of either conversation. Our feeling body and thinking brain have to be in harmony in order for change to take place.

It's highly recommend that you not only visualize yourself as the confident changed person you desire to be, but also tap into the feeling of what it would feel like if you were already changed!! How would your body feel? How would your heart feel? What would you be able to easily do, speak or create? If you don't feel it at first, that's ok. Just make it up. Pretend. Be uncomfortable. It will get easier the more you practice and see yourself easily living the clutter-free life you've always wanted.

For example, if you've always wanted to start a garden but believe that you don't have the time, try to step into the role of a gardener. See yourself doing the actions a gardener would do. Imagine what it would feel like to harvest your first crop and eat the food you grew. Feel the gloves on your hands, the sun on your face, the water coming out of the hose, your hands plunging into the soil and smelling the aliveness of your plants.

The more you see yourself as the person you desire to be, the closer you will get to that reality. This is not meant to be an exercise in [spiritual bypassing](#) but rather an exercise in drawing that version of yourself closer to your reality.

As you repeat any of the positive affirmations provided, do your best to tune into a time when you felt strong, capable and supported and see yourself stepping fully into what you want the future to look like.

AFFIRMATIONS

- I make decisions easily and only buy what matches my values
- I fill my days with activities that nourish my soul
- Letting go of shopping as a hobby creates an abundance of time for things I love
- I do not need to buy in bulk because I value space between things in my cabinets and closets
- I am aware of my bank balance and have confidence around my budget
- I am motivated and ready for change
- I am already satisfied with everything that I own
- I have everything that I need
- I refer to my needs vs. wants list before making purchases and that feels in harmony with my organizational goals
- I am in control of my life and shopping decisions
- I easily choose my values over my compulsive patterns
- It is more valuable for me to spend quality time with people I love than to spend time shopping in isolation
- Financial freedom feels good and I can easily tap into that vibration any time I feel scarcity
- In your own unique voice, design an affirmation using your top 2 values.
Example: I take care of my well-being and my community by buying items that are sustainably made and honestly sourced.

Please create any additional affirmations you feel work best for you and write them down in your phone, on a Post-it note, or on your mirror. These statements will be like personal cheerleaders reminding you that your new habits are nurturing your future self. You are worth it!

Gratitude Practice

"We must be free not because we claim freedom, but because we practice it." -William Faulkner

Lastly, [scientific research](#) has proven that writing letters of gratitude and focusing on the use of positive words supports re-wiring our brain for the better. Most of our time and energy is spent thinking about the things we don't have. When we move into a state of appreciation and focus on the things and the people we have in our lives, our priorities begin to change.

We also have a lot more energy and time to journal, take a walk and let people know we love them when we are not busy managing an overabundance of household items. It's quite astounding how much time becomes available when we are not tending to the maintenance of cluttered houses, schedules and minds.



WAYS TO PRACTICE GRATITUDE

Gratitude list

Almost every night before bed try making a long or short gratitude list and notice the shift in the coming days. This practice provides space to remember all that you already have and focus on what went well during your day. Gratitude inventories have been known to decrease impulsive shopping behaviors. The practice of acknowledging the areas of life that are already fulfilled decreases the urge to shop as a way to be happier.

Love notes

Every now and again send a little gratitude acknowledgement to the people closest to you. It's important to let those around you know how much their support means to you. Giving love and receiving love is a beautiful reciprocal energy practice.

Saying goodbye with grace

Try the letting go ritual by tidying expert, [Marie Kondo](#). She teaches that as you complete your relationship with a particular item, you thank it for its service and send it on its way in peace.

Open your heart

Lastly, a quick and simple practice is to close your eyes and place your hands over your heart. Notice your breathing and give thanks to your body for being alive. A simple way to incorporate this practice is during mealtimes. Thank yourself first for nourishing your body and then thank Mother Earth and all the hands it took to get the food into your home.

Gratitude is a practice that is always available to you, and the times when you want to do it the least are the times it will help you the most.

DAILY GRATITUDE JOURNAL

3 items in my home that I love and enjoy regularly

[Blank white box for writing]

3 people I am grateful for

[Blank white box for writing]

3 experiences that went well

[Blank white box for writing]

“Out of clutter, find simplicity.” – Albert Einstein

Resources

“As consumers, we have so much power to change the world by just being careful in what we buy.” -Emma Watson



Donations - If you are willing to give, there is a place who needs what you want to donate! Research places that resonate with you! There are stores that support victims of domestic violence, more animal rescue facilities than ever before and so many more. Refer to the Clutter Healing® Donation + Recycling Guide which was included in your purchase.

Buy Nothing - it's a free group on Facebook where individuals come together to gift one another their no longer needed items. There is also a [book](#) all about it!

Favorite Businesses to Support

- [Dine with Fable](#)
- [Public Goods](#)
- [Make Good](#)
- [Imperfect Foods](#)
- [Silverback Coffee](#)
- [Kate Mcleod](#)
- [Osea Malibu](#)
- [Cuyana](#)
- [Parachute](#)
- [Bombas](#)
- [Everyone Soaps](#)
- [Knickey](#)

Other Great Resources and Ways To Help Mother Earth

- [Artkive](#) - digitize your children's art (and use code LILI for \$15 off!)
- [Give Back Box](#) - fill any cardboard box with clothing and household items, print a free shipping label, pick a charity on their site and donate the goods to support them
- [Good+Foundation](#)
- [Good on You](#) - directory that rates fashion brands based on ethical and sustainable practices
- [Litterless](#) - zero-waste grocery guide on where to bulk shop
- [OhmConnect](#) - energy saving program - you can also check for programs with your local energy company
- [Recyclops](#) - recycling pickup in certain states only
- [Sustainable Furnishings Council](#)
- Pay less for trash! Get your neighbors together and split the cost of bins. Recycle and compost more!
- Switch to LED lightbulbs and recycle old bulbs (don't put them in the garbage!)
- Get a [whole house water filter](#)
- Use a drip irrigation system
- Consider solar power
- Shop vintage or thrift stores and buy less fast fashion
- Check out [Reusable LA](#) and [#SkipTheStuff Campaign](#)
- Switch to bar shampoo and body wash
- Unplug unused electronics
- Turn off lights you are not using
- Wash in eco cold water cycle
- Set your thermostat to eco temperatures and opt for an extra layer or opening a window instead
- Take 5 minute (or less) showers

Certified B Corporations - Look for a Certified B Corporation stamp when making new purchases. According to [Cultivating Capital](#), Certified B Corporations are businesses that meet the highest standards of verified social and environmental performance, public transparency, and legal accountability to balance profit and purpose. In short, they are better for the planet and their community.

Get Creative With Organization Products

- Use old jars as pencil holder, vase, or propagation vessel
- Cut your cereal boxes to use as drawer dividers
- Egg cartons can be used to organize crafting supplies or store ornaments
- Packaging materials make great pot fillers for your plants

Stay In Touch

"What I know for sure is that when you declutter - whether it's in your home, your head or your heart - it is astounding what will flow into your space that will enrich you, your life, and your family." - Peter Walsh



If you have gotten this far - congratulations! I hope you have found a few nuggets of inspiration in these pages and that they positively influence the days to come. True change is never instantaneous and when it is, it generally doesn't last. Remember that new patterns are created by consistently choosing new micro habits. The tiniest consistent actions are what make the biggest impact.

Let's Work Together

You can email me any time at info@clutterhealing.com or DM me on [Instagram](#) or [Facebook](#).

If you'd like additional support in your organizing journey here are a few more ways that we can work together:

- [In-Home Organizing](#)
- [1:1 Clutter Healing Guidance Session](#)
- [Virtual Home Organizing](#)

Thank You

Thank you for taking the time to consider a conscious consuming lifestyle.

In gratitude,

Lili Pettit

ABOUT LILI: Lili Pettit is an intuitive expert organizer, a breathwork healer and a mother. Pettit takes a holistic approach while working one-on-one with clients to identify and uncover emotional attachments to their possessions.

She leads clients on a gentle and effective journey toward living an organized and aligned life.