

[7 Effective Decluttering Tips for a Quieter Mind](#)

Spring is a time when we are called to clean up the space around us. Will you heed the call?

If you've felt lately that your mental in-box is overflowing, your to-do list has become the length of a novel, and you can't imagine digging out from under, I'm going to show you the steps I've taken that can help you with that.



Declutter to quiet a busy mind.

Keeping it clean, but not perfectly clean. I fail to keep a Good Housekeeping-worthy, neat-as-a-pin house. My own mother liked to remind me that as a child, I left clean clothes slung over the desk chair in my room (also, I would wash everything after dinner but the pots but that's another story. Sorry, mom.)

I believe that *not* having the super-neat gene (it skipped a generation) is **good for my marriage**. For one thing, my husband grows orchids. Over one hundred orchids take up indoor residency during winter months. Orchids and the bark particles they grow in are a messy business. This spares our marriage heat over where the plants, pots and bark end up, often in unlikely places.

I am in the coaching business. The business of de-cluttering minds and easing hearts, guiding people from confusion to clarity to intentional action. It may come as a surprise that at times I have my own challenges related to letting go of what's no longer needed. Because I believe that many of you can relate, I 'm sharing some thoughts and practical measures for decluttering.

Step up to the distasteful project. De-cluttering the basement storage room completely lacked appeal and urgency for me. It was super easy to ignore, being out of sight and behind a closed door. But I knew that messy space was there. I felt the call to de-clutter but it wasn't easy to jump into action without a sense of urgency or a timetable. Perhaps you have a de-cluttering project hanging over you?

What happens when we don't pony up to the call? I'll speak for myself. It takes up space on my list and weighs on my mind, **a two-ton forget-me-not of what I have not done.** As a result, I spend what seems like tons of energy focused on what I haven't done, which only perpetuates a mood of UN-desirable action.

Enlisting a partner for "thirty minutes." For most people, the hardest part of de-cluttering is getting started—especially getting started solo. This spring, I seized upon a **powerful incentive.** Our neighbors had a dumpster in their driveway and it was not going to be there forever. One rainy Sunday, I playfully presented to my husband, "We're going downstairs. Thirty minutes. Let's see what we can do." [You are welcome to use this line with your teammate, partner, or child. Then let me know how it goes. Dropping a clear "invitation" in advance is highly recommended.].

What I noticed is that **the act of starting with a small commitment carries positive energy that carries momentum.** Although my husband and I agreed to thirty minutes, we got swept up (pun intended) in making visible progress. In two hours, we tackled ninety percent of the clutter, removed it from the back room and sorted it for donations and the dumpster. We got rid of the mess mercilessly and without regrets. It was far easier than I imagined.

The act of clearing our environment quiets the mind.

I felt relieved, lighter, more open, like I had extra bandwidth. I was surprised by how many items we let go of, how many things we could do without, how much we had saved—for years—things we would never miss. We celebrated progress in our dusty endeavor with a crisp pour of pinot.

Minimizing the task. We cleared almost all of the clutter from our basement. Letting go in one area begs the question:

What else do you need to let go of?

I challenge you to short-list what you want to simplify and release in your life, then to cut your list by fifty percent. Tim Ferris, author of [The Four Day Workweek](#) stands by his philosophy that letting go of most items/activities on your list won't cost you a thing. Imagine what it would be like to let go of fifty percent of your list! It calls for getting serious about choices, making bold decisions and setting clear boundaries.

To extract and recap, here are 7 Ways to De-clutter with Success:

- Delegate to someone who enjoys the tasks that you don't.
- Set a due date to create urgency and a small time chunk to make it easier to initiate the project.
- Enroll a partner to join you.
- Identify a strong incentive for completion and aim for good enough, not perfection.
- Imagine what it would be like if it was easy.
- Try cutting your list by fifty percent.
- Acknowledge and celebrate your accomplishment. Let it fuel your next one!

Studies show that we are significantly more creative and productive when our environment supports us. When we heed the call to de-clutter, it opens wide our capacity to create, receive and manifest new opportunities.

Spring is an ideal time to get a move on. Will you join me and STOP staring at the runaway items on your list? I'm D-O-N-E keeping things on the list that don't get completed or amount to enough. I'm spring-cleaning.

Dumpster-style.

What de-cluttering challenges do you face? Which clearing strategies work best for you?