

"Doing a Joanna?"

Yesterday I was thinking about which tip to send when one of my clients phoned and said, "I wanted to tell you - I did a Joanna this weekend on my bedroom. It's the one space in the house that's all mine - where I write and meditate. I'm so glad to have it really nice again!"

Of course it was great to hear that and since her call I've been wondering how FEW words it might take to tell you what she meant. When I wrote the DECLUTTERING 101 mini-guide with my step-by-step process it seemed as brief and to the point as I could get.

But, as an experiment, I'm thinking it would be fun to try to describe what "doing a Joanna" means in its absolute bare bones and find out what happens at your end.

I figure out individual systems for helping clients STAY organized but the decluttering process is pretty much the same everywhere I go.

Want to try it?

You have to set aside a bit of time...the process goes like this:

Choose a very small space (one shelf, one drawer) and dump everything out of it onto an old sheet- clean the emptied space. Now put back into that space only what you actually use and/or love. Put everything else somewhere else: give away, trash, sell, to the treasure chest if it has special meaning, or out and about where you can see and enjoy it.

Definitely there are lots of additional techniques that clear the runway and make all this easier but what if you only have that one paragraph?

You are invited to send me before/after photos or stories OR send a photo or description of the strangest item you found during the process.

Ready - set - go!