

How Much is Enough?

Dear Breathing Space Reader,

You've been in my thoughts. I once learned that the number 13 has also been known as a lucky number. I tried to find specifics this morning on the web but couldn't. Anyway -I'm wishing you lots of good luck today!

And now today's tip.

A long while ago a sweet young Mom asked me HOW MUCH STUFF was the right amount for her daughter.

At that time her daughter (I'll call her Sara) was 4. Toys, craft materials, and children's books were taking over the kitchen and living room as well as Sara's bedroom and it was making the whole family miserable. These young parents wanted to provide as much opportunity as possible but knew that something wasn't working.

We talked about it for a while and my answer became, "How much could she (Sara - not the Mom!) manage well and what does she REALLY love?"

Working with that as our measuring stick we were able to figure out what to do.

This has continued to be a key concept in helping folks make their spaces work for them.

Last week a long time friend and I stayed at a lovely monastery for a brief retreat. During lunch one of the monks asked what I do and we were instantly into a discussion about clutter - yes, even monks! Asked for my most important piece of advice, I said, " If you are doing what you want to do and clutter isn't causing problems, then don't worry about it. After a few seconds I added, "and less is more."

There are so MANY helpful strategies. I keep a running list of them to share with you over time, but bottom line, you have my most crucial advice right here:

1) If you are doing what you want to do and clutter isn't causing problems, then don't worry about it.

2) Ask yourself: How much can I manage well and what do I REALLY love?

and

3) Less is more.

Wishing you a wonderful couple of weeks. Comments and questions always welcome.

Hugs, Joanna

p.s. For information about daily GREEN tips, go to my latest blog posting:

<http://www.breathing-space.com/blog/>