



Your Favorite Things? (December)

Surprisingly, in the midst of all the scurrying you are quite likely doing, this can be an easier time than usual to clear a bunch of clutter!

How can that be?

Well - right now you are probably moving things around to decorate or make room for company. Just naturally you are re-creating your space.

Letting go of things that are not used or loved is somehow easier when lots of belongings are in motion. The fact that is the holiday season can help you say YES or NO faster as far as whether an item is really something you really cherish.

Plus, knowing that more stuff is likely to come in to your life in the next few weeks, it can be easier to put your hands on something and quickly consider its place in your life. Do you use it regularly? Does it earn its keep? Is it a favorite?

This is a super time to put the stuff that really doesn't belong in your life anymore into the hands of others who will give it a new home and new life.

If you just can't you can't put your mind to this now- let it simmer on the back burner. January as you arrange things back again will be another good time.

No matter what - absolutely keep the favorites - the things that give you "warm fuzzy feelings" - please if possible give them a place of honor. Shine them up...use them... display them so you can see them and tell their story ... share your enjoyment with people you love.

This comes wishing you time and space for your favorite things,

Joanna

For a longer article on dealing with the clutter in your life go to
http://www.breathing-space.com/documents/clutches_of_stuff_000.pdf