



SMALL STEPS

back to you

CLEAR IT OUT

I used to think I liked living amongst clutter. Truly, no joke. I was like, 'I like things to be clean, but I can do clutter. It just doesn't bother me, I just zone it out.' And it wasn't until I interviewed a woman named Allison Davies on my [Podcast](#) that I realised that even if I think I'm blocking it out, my senses aren't. My senses are taking everything in, and whether it's noise clutter, children, or whether it's clutter around my desk and I'm trying to focus on work, our brain is constantly trying to filter stuff.

So, this was on the back of also watching *The Minimalists*, and I am starting to get this sense that this is what my life really needs. Nick hates clutter! He's a highly creative person, and he hates clutter. It just messes with him. So, I've always been the cleaner, he's been the declutterer. He loves nothing more than a cleanout. I thought I didn't need it until I started doing it, and realised, 'What?' This is an absolute key to starting to reduce the overwhelm and the chaos that I just accepted was going to be how I lived, who Lisa was.

So, a super-simple exercise today. There's a whole list of places that you can declutter. I want you to choose a few, but here's the caveat. I want them to be ways in which-, anything that you declutter as part of this program, it's to help you. So, where are the spots that will make a difference to your life? What are the cluttered thoughts? Where are the cluttered spaces in your home? How is your daily routine cluttered? How can you remove that?

This is a big exercise, and so that's why you've got a checklist. Not everything needs to be achieved now, but we need to get clear now. This is your time to really get clear, and create a list. And you can even prioritise them in order of what will make a difference to your life. What would be great if you weren't having to deal with it? The stuff you see every single day, and you think, 'I'll deal with it.' A cluttered thought. That is brain clutter, right there.

So, experiment with this. Share away in our [Facebook Group](#). Share ideas, look at other people. It might be that you don't even realise where it's hiding. It's a juicy topic, and one that will get you way further. There are so many different resources that you could use to help you declutter, but I bet you already know what you need to change here. And this is so powerful when it comes to creating the space that you need, to do the things that you want to do. Good luck!