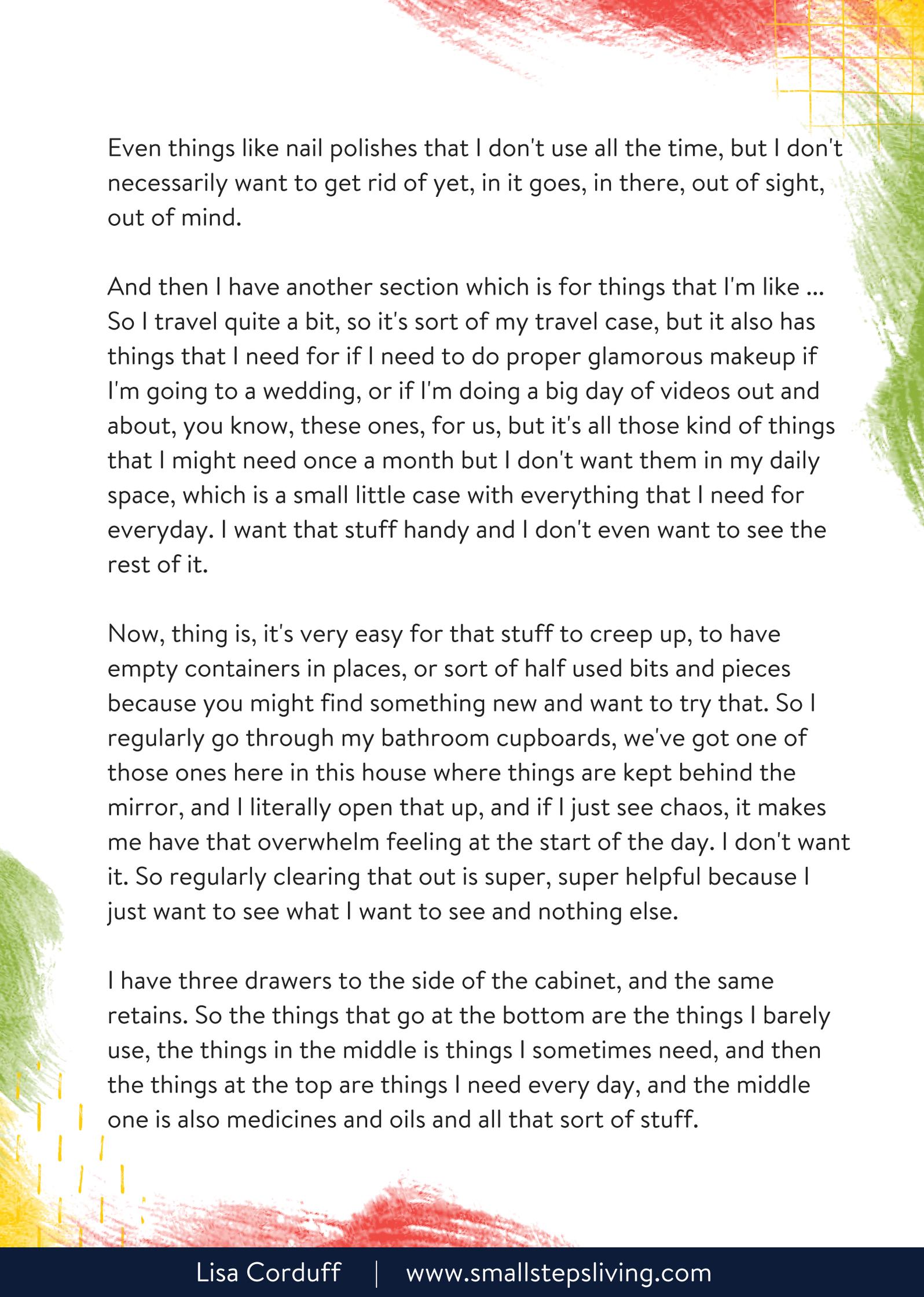


SIMPLIFY YOUR BATHROOM CUPBOARD!

Okay, a really cool challenge for you this week. Now, when it comes to simplifying my life, I keep looking at the areas in which I participate in daily. So if there's certain things that I continue to do and they take up my time, brain space, they just to bug me, they're the areas I go to first. Because if we can streamline the daily stuff, then everything else kind of gets easier, or feels easier.

So, today we're talking about your bathroom, not particularly glamorous, not an area that I like to think about a lot. But there are ways that I have simplified my bathroom that have really changed how I wake up, the ease of my mornings, and also how easy it is for me to find things. Because I don't know about you, but for me, my bathroom was kind of ... Well, we did move a lot, we have moved a lot, so I do big clear out, but then things would just kind of creep their way back in and suddenly I'm kind of moving through a whole heap of things in order to just be able to find a mascara.

So what I've done is I've set up systems in my bathroom. I know, who even am I? What I have created is I've got a big, clear box, one of those ones with a lid and inside, there's two shelves. And what I do with that box is I keep all the extra bits, so extra shampoos and conditioners or body washes. Things that I don't really use very often at all can go and be kept in there. Sometimes people send me samples of things, or any freebies that I get that I think, this isn't really my stuff, but I'll keep it here for just in case I need it, all go in this big clear box, so I can also just look in and see.

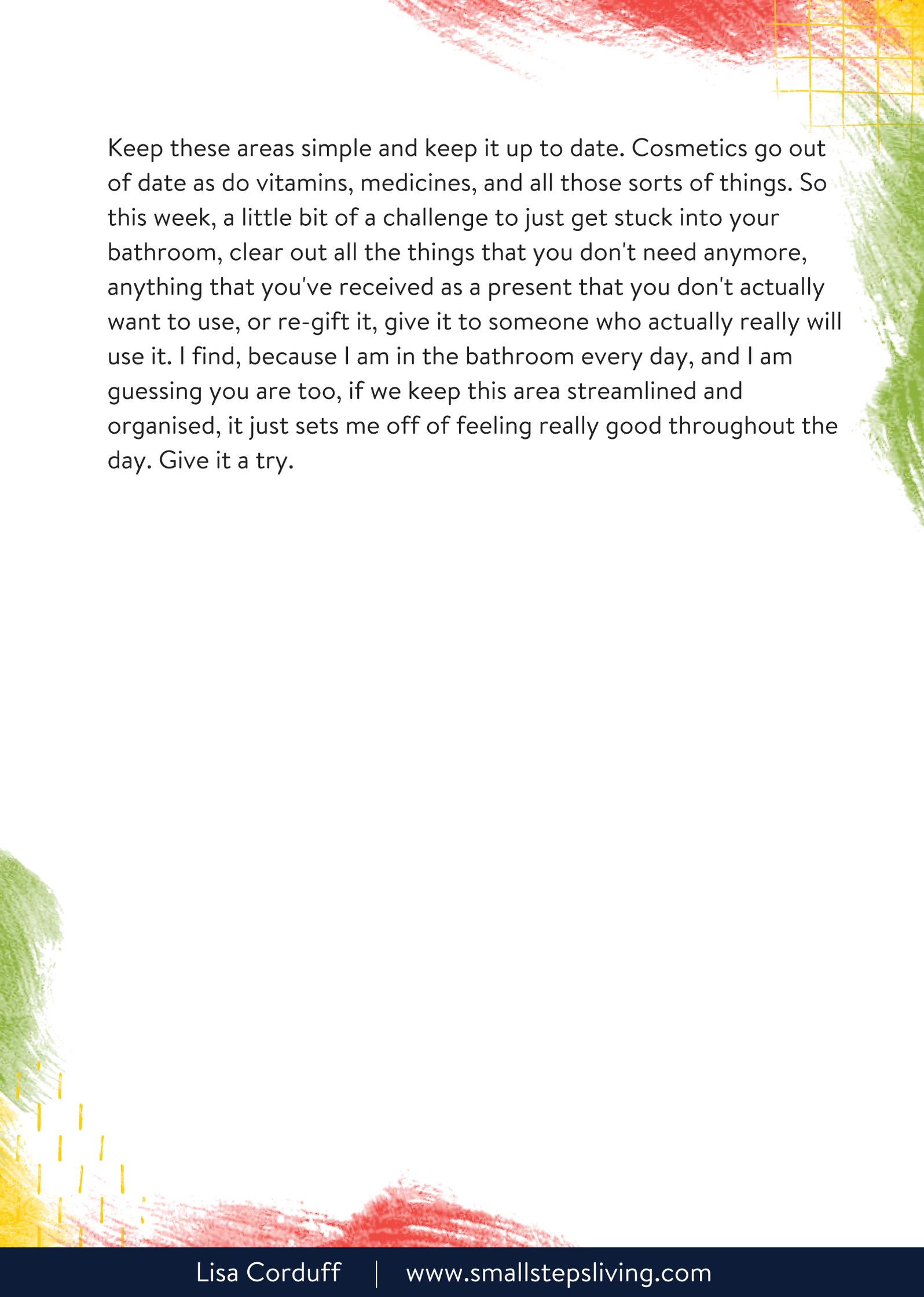


Even things like nail polishes that I don't use all the time, but I don't necessarily want to get rid of yet, in it goes, in there, out of sight, out of mind.

And then I have another section which is for things that I'm like ... So I travel quite a bit, so it's sort of my travel case, but it also has things that I need for if I need to do proper glamorous makeup if I'm going to a wedding, or if I'm doing a big day of videos out and about, you know, these ones, for us, but it's all those kind of things that I might need once a month but I don't want them in my daily space, which is a small little case with everything that I need for everyday. I want that stuff handy and I don't even want to see the rest of it.

Now, thing is, it's very easy for that stuff to creep up, to have empty containers in places, or sort of half used bits and pieces because you might find something new and want to try that. So I regularly go through my bathroom cupboards, we've got one of those ones here in this house where things are kept behind the mirror, and I literally open that up, and if I just see chaos, it makes me have that overwhelm feeling at the start of the day. I don't want it. So regularly clearing that out is super, super helpful because I just want to see what I want to see and nothing else.

I have three drawers to the side of the cabinet, and the same retains. So the things that go at the bottom are the things I barely use, the things in the middle is things I sometimes need, and then the things at the top are things I need every day, and the middle one is also medicines and oils and all that sort of stuff.



Keep these areas simple and keep it up to date. Cosmetics go out of date as do vitamins, medicines, and all those sorts of things. So this week, a little bit of a challenge to just get stuck into your bathroom, clear out all the things that you don't need anymore, anything that you've received as a present that you don't actually want to use, or re-gift it, give it to someone who actually really will use it. I find, because I am in the bathroom every day, and I am guessing you are too, if we keep this area streamlined and organised, it just sets me off of feeling really good throughout the day. Give it a try.