

LET'S CLEAR OUT YOUR BAG!

I deliberately have a small bag. Because all I really need is my wallet, phone and keys. Right?

Hmmm..... it's extraordinary what my small bag can fit inside. And it's extraordinary that I let it happen time and time and time again!

So shall we enjoy that delicious feeling of a cleared out handbag AND wallet?

Sit down one night this week and clear that out.

We know that clutter is not healthy on so many levels so be a warrior about clearing it away - make it your MISSION!

And to create a little fun around this - let's post videos or photos in our Facebook Group to spur each other on!

VIDEO TRANSCRIPT

Hey. Let's get to work, guys. Let's do something that you might have been putting off for a while, because let me tell you, it's the little things that we do every day or that we're experiencing every single day that start to create that crazy overwhelm and scattered thought in our heads. Right? It's the things we interact with. It's why I always tell you to clean out your undies drawer, because we literally go there every day.

Here's the other thing we do every day, probably. This little baby just sits on by. This is me, as I walk out the door every day. It's actually quite little, this bag. It looks big, because it's probably stretched from all the things I have in there. I have my wallet, which is remaining pretty lean. Not too bad in there. A few receipts that I go through every now and again, but otherwise, I'm just kind of putting them in here. Now, the reason why I got this small bag was so that I didn't have, I specifically didn't want to be collecting things in a bag. Everything has a spot and all that. Until you just end up a little bit like ... Oh, I mean, there's ... Tampons falling out everywhere, let's be real.

That is a ... There's this stuff falling everywhere. Flights from a long time ago. I don't even know what this is. This, that ... I had lost that. Tampons. Need a little bag for those or something, don't we? Kids, mandala drawings that they do at osteopath appointments. What else have I got? Oh, hang on a minute. A voucher that I got for Christmas that I'd lost. Handy. You can see here I'm not going to bore you with going through my handbag, but is it time yours needed a bit of a clear-out? How nice would it feel to literally get rid of some of your "baggage"? Get rid of some of the things that are wearing you down. Do you need to go through your bag? If it's not your handbag, is it a nappy bag that you need to go through, or something? Literally, your wallet. Do you need to sort your receipts, get rid of them, do something about that? That's what we're doing this week in Simplify Week. Honestly, it's these small things, and then creating new habits around them.

Obviously, I do this, and then I do really well for a little amount of time, and then it just kind of creeps up. My habit is to do a clear-out every kind of two months, but yours might be at the end of every week, every day. You might be one of those people who actually puts things away, or doesn't collect random pieces of paper, or shoves things into a bag because kids are asking for yoghourts at the supermarket or something. Can we do this? I would love to see your before and after of your handbag or wallet situation, and then tell me how good it feels once it's done. I'm just going to stop and do this right now. Okay. See you soon.