

# YOUR SLEEP SPACE

Recently I did a huge clear out of my bedroom. And I have to say - we've only been in this house 18 months and I did a declutter at the start of summer so didn't think I had much to do. However...

... There was a drawer that never shut properly and had been taken out of the dresser and sat on the floor - with clothes piled high!

... There was a stack of 'bits and pieces' that didn't have a home at the end of the bed that I never seemed to get around to putting away.

... I kept Small Steps Stationery boxes in the corner of the room and my handbags had no home so would be on the floor.

But..... things have changed!

All that exists on the floor now is my yoga mat that is waiting for me each morning. What a revelation. What a change! What peace now awaits me when I go to sleep.

So this month I'd like you to think about your sleep space. Is it a haven for you? Sure, it might be out of sight of visitors but it matters how YOU feel in your room. Can you simplify the space? Remove unwanted items and clutter? What have you been looking at for years but no longer serves a purpose or perhaps needs to be upgraded?

Even the things that are under the bed or at the top of the cupboard will feel good to clear out.

What small action can you commit to to improve your sleep space this month? Or maybe you've Kon Marie'd already and love it! Share a pic of before and afters in the Facebook Group! (I wish I'd taken one of the before....

Lisa x

PS a \$12 scarf from KMart has made the most beautiful addition to the end of the bed - such an easy spruce up!

# VIDEO TRANSCRIPT

Hey, how are you? It's time for a new month in the membership, and we're bringing it home. We're making it cosy. We're thinking about you and what is most important to you. Now, you might have heard me talk about bedrooms before. If you did the declutter challenge, for sure, you have hopefully cleared out your undies drawer. But if not, this is ... I can't talk about this often enough. How the spaces that you're in, that you move in, your movements throughout the day are the places that we should be trying to simplify, declutter, streamline the most. And your bedroom really matters. Have you thought about the amount of stuff that is in there or that just exists pushed into cupboards or tucked under the bed or things coming out of drawers, and what that is actually telling your brain.

It's like, it's a busy space. There's a lot on here. Even though we think we don't notice it, our brains do, and it's just constantly trying to filter it out. How different might you feel if you walked into your room and it was just blissful. And you know what? This might already be your reality. And if it is, then this month, you can choose a different space for yourself. But here's the thing, what I found is that you can clear out, but then you can add some stuff in, like a plant or a throw, or a new, updated picture of your children or something to bring some joy and life into your room.

So that's the question. Is it reflective of you. Is it serving you as a sleep space? Is it serving you as a retreat? And are there any improvements that you can make on it? I would love to know. I would love to see before and after pics. This is something that we do talk about often, because I am really passionate about it. If you don't want it to be your bedroom this month, that's okay too. Where else in your house requires a little bit of attention? Where else are you all the time? Do you have a spot that you can just sit and feel uncluttered and read a book, or chat to a friend? Or just do nothing?

It's really important for us to have this in our lives. Maybe it's an outside space that needs to be tidied up, or a new cushion added to make it feel a little bit beautiful and special for you. We need places to go to feel relaxed in our environment. If your bedroom is already that place, what can you bring into your household? If it's not your room and you don't feel like that is a sacred sleep and relaxation space for you, what can you do? Doesn't have to be huge. Could just be a few small tweaks. I would love to know. Let me know.