UNCOVER YOUR CLUTTER’S HIDDEN MESSAGE

WITH KERRI RICHARDSON, BUSINESS & LIFESTYLE DESIGNER

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Complete this worksheet to discover what your clutter says about you. Then, take action to clear it for good!

1. Circle the areas of clutter that bother you the most.
2. Then, read on to learn about the message that exists in your mess.
3. Complete the questionnaire to help pinpoint the role clutter is playing in your life.
4. Review the Things to Keep in Mind list at the end, and you’ll be on your way to being clutter free!

My clutter hotspot is (circle all that apply):

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What does your clutter hotspot say about you?

Office

Clutter in your office could be suffocating your financial health. Perhaps you have unpaid bills you’re avoiding, taxes you haven’t filed, or bank statements that need reconciling. It might just be a dumping ground for mail. Whatever it is, devoting scheduled time to sorting clutter in your office is a surefire way to boost your bottom line.

Blocking beliefs that a cluttered office can validate are:

“I’m not good with numbers.”
“I can’t afford to do work that I love.”
“Money is always a struggle for me.”
“Life is easy for everyone else but me.”

Car

Clutter in the car is often the first sign of overwhelm or looming chaos. Are you frantically rushing from one thing to the next? Is your calendar too full? The clutter in your car could be your soul asking you for some attention.

Blocking beliefs that a cluttered car can validate are:

“There’s never enough time in the day.”
“I’ll worry about myself later.”
“My life is falling apart.”
Closet

Closets are the place where we tuck away our dirty, little secrets. Whether it’s clothes in the back of your bedroom wardrobe that represent a happier or healthier time in your life, or the junk-collecting closet that reflects old hobbies or goals, out of sight doesn’t mean out of mind.

Hidden clutter is an energy-drain that taunts you and becomes the fuel for your inner critic to squawk about what you “should” be doing.

**Blocking beliefs that a cluttered closet can validate are:**

“I’m such a procrastinator.”
“My to-do list will never be done.”
“There’s no such thing as free time.”

Garage

Items filling up your garage quickly become part of the background scenery, so this area can almost always feel like a non-priority. However, each time you leave or return home, the mess before you zaps your energy.

Even if you don’t really see the boxes and bins, your soul responds to them as new items every day. Consequently, you operate from a one-down position, never having enough energy to show up for yourself in the way you’d like.
Clutter in this area indicates that your needs, along with the clutter, has become lost and forgotten.

**Blocking beliefs that a cluttered garage can validate are:**

“My life is overwhelming.”
“There’s no room for anything else in my life.”
“I’m a pack rat just like Mom/Dad.”

**Attic**

The attic, which is often clutter’s graveyard, can hold the most ties to the past, energetically holding you back from moving forward. Maybe you’re keeping heirlooms out of guilt, or your child’s baby clothes in hopes of holding on to those precious years. Whatever is in your attic is likely getting in the way of you advancing on your soul’s journey.

**Blocking beliefs that a cluttered attic can validate are:**

“My best days are behind me.”
“If I get rid of family heirlooms, I’ll never hear the end of it.”
“I like to bury my head in the sand.”

**Bookshelf**

Books are like dear, old friends to whom it’s hard to say goodbye. If a book acts simply as a reminder that you haven’t read it, or contains information you planned on doing something with but haven’t, it’s draining your energy.
Self-improvement books, for example, can hold the promise of a life fixed simply by reading them, but none of these books are any good if you don’t do something with the information and advice offered.

Blocking beliefs that books can validate are:

“I never finish what I start.”
“I’m wasteful with my money.”
“Everyone else has a better life than me.”

Tabletop

Clutter that you see often is a consistent energy vampire, however the solution isn’t to tuck the items away in a drawer. The clutter that ends up on a tabletop is often the kind an organizational system can handle effectively.

Clutter that accumulates here is of the in-your-face kind; a loud-and-clear message that something needs your attention. By disregarding it or ignoring it, you send a message to yourself that your needs don’t matter.

Blocking beliefs that a cluttered tabletop can validate are:

“I’m a mess.”
“My life is all over the place.”
“I’m not an organized person.”

A Worrying Mind

There’s nothing that will clutter up your mind faster than a ticker tape of negative thoughts and worry. Excessive worrying indicates a strong discomfort with feeling out of control. By
obsessing over the “what ifs”, you can fool yourself into believing that you’ll be prepared for whatever comes along, however, “worrying is like praying for what you don’t want.”

By holding a loving space for your worried thoughts instead of letting them rule the roost, you teach yourself that you are your safe place. You begin to allow your Little One to exhale and sink into your loving energy. Over time, you’ll notice it’s easier to calm your mind and feel more centered.

**Blocking beliefs that a worrying mind can validate are:**

“I’m always waiting for the other shoe to drop.”
“I can’t let my guard down.”
“It’s better to hope for the best, but plan for the worst.”

**Extra Weight**

Yes, those surplus pounds are clutter; clutter that is with you wherever you go. Weight is most commonly used as protection – protection from others’ energy, from painful relationships, from a nasty inner critic, and more. Your spirit is calling out to you for love, acceptance, and compassion. Instead, we tend to beat ourselves up for being overweight. And what does that often lead to? More weight gain to soothe and comfort the sting of those messages.
Blocking beliefs that extra weight can validate are:

“I’ll never be good enough.”
“It hurts too much to feel.”
“I’m too sensitive.”
“The world is not a safe place.”

Draining Relationships

Negative Nelly’s, chronic complainers, perpetual pessimists: these are the kinds of relationships that can drain your energy. Do you tend to be an automatic “yes” machine, agreeing to any and all requests? Are you too concerned with what others think?

Draining relationships can also cause physical clutter in your life as the piles act as the boundary you haven’t set. Both types go hand-in-hand. Cleaning up some of the relationships in your life can help you clean up your closets, too. And vice versa.

Blocking beliefs that unhealthy relationships can validate are:

“It’s not safe to ask for what I want.”
“I don’t want to disappoint anyone.”
“You have to give to get.”
“It’s spiritual to put the needs of others first.”
“Good people aren’t selfish.”

Now that you have some insight into the hidden messages in your clutter, it’s time for action!
Answer the following questions about your hotspot for even more clarity:

What stops you from sorting and clearing this area?

______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________

How is clutter preventing you from living a happier life?

______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________
What would you be free to do if your clutter was gone?

______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________

Do you have any resistance about the actions you could take or goals you could pursue as a result of cleared clutter?

*Read the case study below to see what I mean.*

______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________
**Case Study:** A client had a cluttered kitchen. She told herself that she couldn’t go back to work (after having a child) until that clutter was cleaned up. Through our work together, we determined that she feared having to work with unpleasant coworkers, based on a past experience. So, she was not clearing that clutter because having it done would mean it was time for work.

As a coach, I could see that the clutter in her kitchen represented a lack of boundaries in her life. As we worked on strengthening her boundary-setting muscles, the clutter became easier and easier to eliminate.

There’s more to your clutter than just the “stuff”. Your clutter has a message for you. It’s in your life for a reason. Understand the message in the mess, and managing your clutter will be easy peasy!

**Helpful things to keep in mind when dealing with clutter:**

- If you love it, it’s not clutter.
- If the item has you living in the past or the future, it might be time to let it go.
- If overwhelm is preventing you from getting started, use the Pomodoro Technique to help kickstart your clearing. Shut down all distractions (ringer on phone, email, etc), sit down at the task, set a time for 25 minutes, and dive in!
- Dedicating time to clearing a certain area of clutter doesn’t always mean spending that time sorting and organizing. Sometimes the best way to start is by dialoguing with your resistance while sitting in the space.
- You don’t have to have all of your clutter cleared to feel relief. You can feel the joy of success just by getting started.
The solution to your clutter is in the source of your clutter.

Identify the role it’s playing in your life, and you can be rid of it for good!

If you any questions about your clutter hotspot, get in touch: kerri@kerririchardson.com.

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