Get rid of the trash to make room for the treasures. Let the things that are important take centre stage.

peter walsh

In order for us to spend less and own less,

we need to shift our mindset to being content with less.

Living a meaningful life has nothing to do with how much money or how many possessions you have.

Find the simple joy in what you have and be grateful for all that you have as well.

What comes to mind when you hear the word "frugal?"

Does it sound self-limiting?

Does it sound scary?

Or unappealing?

Or does it sound like a necessity in our world?

According to the dictionary, the word frugal means, **"careful about spending money or using things when you do not need to: using money or supplies in a very careful way."**

It also means to be simple and plain.

And while some may have negative reactions to the mere word, financial freedom and wise money spending are at the core of minimalism.

Thus, being frugal plays a part in a simple life.

Because the reality is …

Money doesn't buy happiness or contentment.

Money doesn't equal fulfilment or success.

Money doesn't solve your emotional problems.

Money doesn't give you a purpose.

Here's the bottom line …

Whatever the piece may be – wedding dress, end of school or university T-shirt, your lucky jeans that you can no longer wear- if it brings you genuine joy to own it, and you have the room to accommodate it then keep it.

It's as simple as that.

Alternatively- you could take a picture of the sentimental items and store the photos digitally on The Cloud or a jump stick.

You may discover that you aren't as attached to the items as you thought.

But It Cost Me A Ton Of Money!

We all have those items in our bedroom closets that we've invested quite a bit of money in with the belief that we are purchasing a quality item that will last us for years to come.

You already know this, but I'm going to get you to say it inside your own head, "Sorry, but the money has already been spent."

You can't get it back.

You just can't.

Occasionally, a really nice item can be resold in one manner or another and you may be able to recoup a portion of what you paid, but the longer you hold onto the item the chances of recouping any money goes out the window.

It won't be in style, or someone may create a knock-off version rendering your item less valuable.

Now, I'm going to say something you probably don't already know.

When you leave an expensive item to sit in your closet unused by you, it is actually costing you money.

What?

Anything That Costs You Your Peace Is Too Expensive

It is costing you money.

Studies like this one have proven there is a true link between clutter and depression and the effects are worse on women living in the home.

Think of the many ways you pacify yourself when you're feeling the effects of depression.

There was a time when I would eat my feelings.

I know many women who use shopping as retail therapy.

Not to mention, if your depression or anxiety becomes overwhelming you might require medication and doctor visits for treatment to regain your health.

Food, shopping and medication all cost a lot of money, and these are just a few common examples.

Rarely are these the things we actually want to be spending our hard earned money on.

Let the designer shirt go.

And with it, allow your reservations to leave, too.

You're decluttering for your health and your happiness.

Any unused item which is not bringing you Earth-shaking joy is standing between you and the ideal life you imagine for yourself.

It doesn't matter if it cost you $200 or 2 cents.

But If I Get Rid Of Things, I Won't Have Anything To Wear!

First of all, stop putting yourself last, Mama.

Secondly, you need a lot less clothing than what you may think you need.

It is better to have 10 pieces in your closet that make you look and feel amazing every time you wear them instead of 50 pieces that drag down your mood every time you get dressed.

Don't you agree?

If your body has been riding the Mama roller coaster gaining and losing weight like mine has been doing these last 5 years, it's past time to invest in a few new pieces that'll make you feel like the beautiful lady you are.

> **There is a saying that "a messy room equals a messy mind."**

When a room becomes cluttered, the cause is more than just physical.

Visible mess helps distract us from the true source of the disorder.

The act of cluttering is really an instinctive reflex that draws our attention away from the heart of an issue.

Go paperless – No hoarding!

We are not just talking pandemic pasta and poo roll hoarding!!

Start with the wardrobe.

If you are new to decluttering and haven't worn an item in 6 months or longer, it's time to say good-bye.

Revisit your items every 3-6 months and discard what isn't adding value to your wardrobe.

If you think it's ugly, say adios.

FYI- if you haven't worn it lately, you think it's ugly.Don't hold onto gifts due to guilt.

In Marie Kondo's best seller, "The Life-Changing Magic of Tidying Up," she gives advice about this that truly did change my life.

She says that the purpose of the gift was to bring the receiver of it (a.k.a. you) joy.

Sometimes this joy is short-lived and only lasts a few hours after opening the present.

The person who gifted you the item did not give it to you to burden you with guilt, but to lift you up and make you happy!

The gift has fulfilled its purpose of bringing you happiness as soon as you receive it.

You can happily let it go.

If you can't wear it because it doesn't fit, toss it.

The one exception is if you've had a new baby less than one year ago.

What about one-of-a-kind sentimental items like my wedding dress?

Don't use your closet as a scrapbook!

It's 100% okay to be sentimental, but that does not mean you have to hoard clothes to preserve the memories you have attached to them.

The clothes may trigger specific memories for you, but the home of those memories is in your heart.

The clothes by themselves do nothing except take up your precious space.

The act of tidying is a series of simple actions in which objects are moved from one place to another. It involves putting things away where they belong.

This seems so simple that even a six-year-old should be able to do it. Yet most people can't. A short time after tidying, their space is a disorganized mess. The cause is not lack of skills but rather lack of awareness and the inability to make tidying a regular habit.

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In other words, the root of the problem lies in the mind. Success is 90 percent dependent on our mind-set.

To acquire the right mindset, we need the right technique.

There is a fundamental misconception that the ability to tidy comes from experience.

Most of us tidy up a little bit at a time.

We should however tidy up in one shot. This brings visible results.

A change so profound that it touches your emotions will irresistibly affect your way of thinking and your lifestyle habits …

When people revert to clutter no matter how much they tidy, it is not their room or their belongings but their way of thinking that is at fault.

Even if they are initially inspired, they can't stay motivated and their efforts peter out.

The root cause lies in the fact that they can't see the results or feel the effects. This is precisely why success depends on experiencing tangible results immediately. If you use the right method and concentrate your efforts on eliminating clutter thoroughly and completely within a short span of time, you'll see instant results that will empower you to keep your space in order ever after.

When you come across something that you cannot part with, think carefully about its true purpose in your life.

You'll be surprised at how many of the things you possess have already fulfilled their role. Every object has a different role to play.

Not all clothes have come to you to be worn threadbare. It is the same with people. Not every person you meet in life will become a close friend or lover. Some you will find hard to get along with or impossible to like.

But these people, too, teach you the precious lesson of who you do like, so that you will appreciate those special people even more.

The fact that you possess a surplus of things that you can't bring yourself to discard doesn't mean you are taking good care of them.

In fact, it is quite the opposite. By paring down to the volume that you can properly handle, you revitalize your relationship with your belongings.

Just because you dispose of something does not mean you give up past experiences or your identity.

Through the process of selecting only those things that inspire joy, you can identify precisely what you love and what you need.

In a world where we often focus on how to get more than we already have, sometimes the best approach is to remove something we already have.

"Letting go," Marie Kondo says, "is more important than adding."

First, put your hands on everything you own, ask yourself if it sparks joy, and if it doesn't, thank it for its service and get rid of it.

Second, once only your most joy-giving belongings remain, put every item in a place where it's visible, accessible, and easy to grab and then put back.

Only then, Kondo says, will you have reached the nirvana of housekeeping, and never have to clean again.

As I started emptying the closets, I opened boxes filled with letters and old photographs.

Serious mistake.

Kondo knows what she's talking about when she insists you put blinders on and focus only on the category of stuff at hand.

Read one old letter, and suddenly you're down a rabbit hole of nostalgia.

To be honest, I was probably procrastinating.

In theory, I was sold on the idea of living exclusively with clothing that gives me joy, but I still had hang-ups:

What will I be left with?

Will I have anything to wear to work?

Will I have to sacrifice beloved things, all for the sake of decluttering?

What about the book collection?

Many minimalists recommend going all digital with their reading material, and while we do like to support the use of the Kindle and eBooks, that won't help peeps who like feel the connection between mind and hand.

The good news is there are some really practical (and creative) ways to use and sort through your books.

Here are ideas:

Use the books you've read as décor.

Book shelves can often be the first thing that comes to minds when we consider where to place books in our home.

One way is to incorporate books as décor.

For example, stack on a foyer table with a pretty plant placed on top.

Underneath a table lamp to help increase the lamp height.

Stacked on end tables, sofa tables and any place else that could use a pop of colour.

Use your books to add texture, colour, or theme into a room of the house.

Sell the books you already read.

While some of us cannot fathom the thought of selling our books, I would encourage you to locate the ones you no longer read, and either sell them in a garage sale, online or find a place that will purchase them from you.

When our son reached the fifth grade, we sorted through his books and found ones well below his reading level and sold them to our local "Half-Priced Books" store.

Trade some of your books with a friend. Or my fave...

Start a street library

For those of us who cannot yet permanently sell or give our treasured books, consider trading books with a friend.

This will give you the opportunity to read a new book (for free!) and also share your favourite reads with a friend.

Organize your books according to the room of the house.

Maybe old university books can be stored within a home office.

Children's books should remain limited to their bedrooms or playrooms.

Cooking books will remain in the kitchen and handyman books can make their way into the garage. Sort between books you've read and those you haven't read. In a family room, have 2 baskets filled with books – one for those you have read and are ready to be loaned or given to others looking for a new read. In the other basket, books that have either been given or ones recommended that not yet had a chance to read.

This will allow to keep track of what books have been read and which ones are next in the queue.


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organic laminaria & minerals
BATH FOAM
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“Human beings can only truly cherish a limited number of things at one time ... that is why I want to cherish properly the things I love, and that is why I have insisted on tidying so much of my life.” Marie Kondo