

## Getting Started and Staying Motivated

Sometimes the hardest part of downsizing isn't the decision to do it. That decision could be a natural reaction to being suffocated, bankrupt or just losing energy to your ever-present clutter. The hardest part is staying inspired.

There you are – all dressed up and ready to go. You've dedicated the time. You've got a sitter for the kids. You have no responsibilities. Then, you slowly wade into it ... and boom! You're shut down. Paralyzed. Overwhelmed.

The vastness of your stuff, the guilt from letting it get out of control and the hopelessness and anxiety of wondering if and how it will ever stop all combine to halt you in your tracks.

We've all been there. And yes, there is hope. Think about those first settlers to the Northwest. Did they have clutter? Sure did. A forest full of trees. What did they do?

They began by selecting a clearing, an opening. Not just any opening, but a strategic open space that would maximize their livability – angle to the sun, distance to water, prevailing winds, distance from mountains, etc.

Just like Neil Armstrong, they took a first step. Not really knowing what would happen. But they took a first step declaring a "living zone". And branched out from there.

This metaphor applies whether you're clearing out an office, a room, a garage or a home. What's the most important part of that area? That's where you start. Empty it. Make it sacred. Then build around it, setting priorities as you go. But keep access open and free to this area. Its energy radiates out to all other parts of the room, defining their purposes and sustaining them with energy.

That energy will also inspire you and create possibilities that you were never aware of. Does it take time? Yes. It takes time and – like weight control, home ownership and operating an auto -- it takes maintenance. We'll talk about those later.

Your comments, questions and – most importantly -- your tips are always welcome here. Contact me anytime at [jeff@simpleclear.biz](mailto:jeff@simpleclear.biz).