

Declutter and Let go!

Living a simple life with few possessions comes natural to some, others find it hard to live with limited possessions while some feel it is painful to give away their possessions because they are emotionally attached to them.

Learning how to declutter your home and as a result, declutter your life, can help you live a simple and joyous life and the benefits are endless: less to clean, organize and maintain, less stress over items and more financial freedom, more energy to spend for your greatest passions and interests, compassion and kindness to others when you donate.

Decluttering tips

- Start with 5 minutes at a time and build momentum
- Give, donate or throw away one item each day
- Donate clothes you never wear
- Get help from a friend or a family member if you can't make yourself declutter
- Use the three Box Method. Get three boxes and label them: trash, give away, keep



Less stuff more happiness

The more stuff I donated, the more I was able to breathe
The more stuff I recycled, the more I was able to see a new life
The more trash I threw away, the more weight I felt lifted
The more uncluttered I lived, the more joy I found



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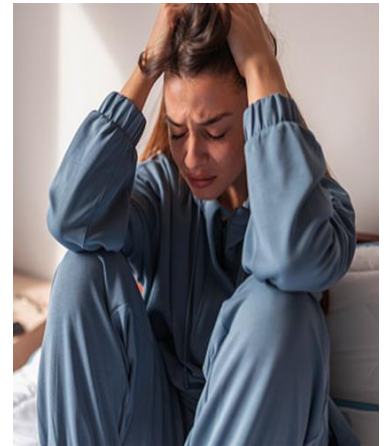
As if decluttering and giving out materialistic possessions were not enough, can you imagine letting go of feelings, relationships, lifestyles, habits, plans... We are not prepared to easily let go of something that we feel we are attached to, love or got used to: job, relationship, possession, even if it has ended, is painful or is useless.

Letting go gives us freedom which is a major condition to finding happiness. If in our hearts we still cling to anything: anger, abusive relationship, suppressing job, how can we be free to be happy?

It does not matter if it is a relationship, a job, a lifestyle, a possession, a habit...If it does not make you happy, let it go.

There are three stages for letting go:

- The Hurting
- The Learning
- The Healing



The Hurting

- In the beginning everything will remind you of it/them: people, places, scents, and things in-between that no one else will understand. They will be everywhere, and it is going to hurt.
- Validate your feelings. Cry if you need to. Let it pass through you. As often as necessary.
- Call your best friend, call your mum for the 100th time.
- Don't fight the heaviness, the pain. It will be hard to breathe. Your heart will sink.
- Despite all of this: Remember that you are not lost, the pain you are experiencing is a catalyst for you to change and grow in ways you can't yet understand.
- Your emotions will come and go like the waves in the ocean. It is temporary. It may not get better with time but you are going to become a better swimmer!
- You are going to survive this.....No matter how dark it may feel.





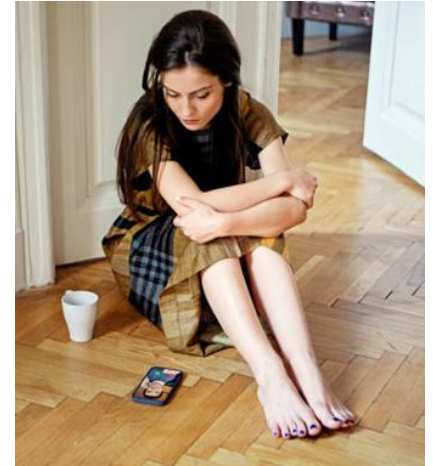
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The Learning

- Things happen for a reason. Don't blame anyone, don't excuse or try to explain.
- Whatever story we tell ourselves to rationalize a problem, a breakup, a failure, we need to understand that things didn't work out because they did not!
- Life happens. That's why.
- Take this experience and learn from it.
- People have plans, dreams and things to learn on their own at their own pace, they aren't willing to make room for you, and you have to let that be okay.
- Not everything is under your control.
- It is time you move on.

Here is an example: Someone ends a relationship with you:

The fact that your partner/friend chose to step out never meant there was something wrong with you. It never meant you weren't good enough. It doesn't mean your relationship was bad, or fake, or in vain. It was what it was.



The Healing

- The fact that something goes wrong or has ended doesn't mean it wasn't worth it. It was.
- Memories that now feel too heavy to carry, one day will no longer taste bitter.
- They won't hurt anymore because you will grow to understand that the time you shared was a gift.
- You will grow to understand that it was meant to be—it just wasn't meant to last.
- There is purpose in endings and in change: Learning
- As you move on, slowly putting the pieces back together, you will get a better understanding of who you are, what you value, and what you can't compromise
- You will realize that you've gained more than you lost.
- When we are forced out of comfort, we transform. You need to learn to recognize all the parts of yourself that are important but have been silenced. Right now, you have a choice: to put all of your energy that you were previously wasting, hurting and feeling sorry for yourself into loving, caring and appreciating yourself.
- Healing does not mean the damage never existed. It means the damage no longer controls our lives.
- Maybe all of this is teaching you to love yourself unconditionally and to find happiness.





Words for the Wise



Declutter, you will feel:

- Emotionally lighter
- Dynamic
- Energized
- Happy

Let Go

It does not matter if it is a relationship, a job, a lifestyle, a possession, a habit...If it does not make you happy, let it go.

The three stages of letting go:

1. **The Hurting**

Your emotions will come and go like the waves in the ocean. It is temporary. It may not get better with time but you are going to become a better swimmer!

2. **The Learning**

Not everything is under your control. It is time you move on.

3. **The Healing**

Healing does not mean the damage never existed. It means the damage no longer controls our lives.

Be like a tree and let the dead leaves drop. Rumi

Be like a tree that sheds its dead leaves to make room for growth. Unknown

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Sources & further reading: www.rainn.org, www.cdc.gov, www.loveisrespect.org, www.lifeoptimizer.org, www.pixabay.com, www.thoughtcatalog.com

