



Let us help you get your *dhucks* in a row...

*Tips & Tricks*

**July 2008**

Welcome to *Dhucks' Tips & Tricks*

### The Cost of Clutter in Your Closet

Do you have a blouse or a jacket that you don't wear, but it's still hanging in your closet because you spent a lot of money on it? Have you kept a pair of pants because someday, maybe, they'll fit? And they cost good money, too! Come on, be honest. I know I have. But remember, there's a cost for keeping those items cluttering up your closet that goes beyond the money. Let's look at those other costs.

**Space:** Your closet is prime real estate. You use it every day; probably several times a day, so why waste space storing something you don't use.? If your closet is so cluttered that you can't even move your clothes, then you can't see what you have. You forget you already have 5 pairs of tan slacks, so you go out and buy another pair. In addition, if the clothes are jam-packed together, you may be wrinkling or even damaging them.

**Time:** Your time is important. Do you want to waste it trying on 3 different outfits to find one you like, or would you rather know that everything that is hanging in your closet fits, and you feel good wearing it? Have you ever tried on something, realized it needed to be repaired and hung it back up just to do the same thing again the next week? Don't waste your time. Why start off your day frustrated or unhappy?

**Energy:** Your energy is essential. In my opinion, a closet that can suck the energy right out of you may carry the highest price of all. How much energy is your closet draining from you? How many negative thoughts and emotions begin to swirl in your mind when you look in your closet? I'm sorry, having that size 12 pair of pants hanging there for me to see every morning never got my size 24 body closer to a healthier lifestyle. All it did was remind me that I had failed once again. But once I packed away the size 16s, a few 14s and gave all the 12s away I began using that energy to support me and my healthier choices. Besides who needs 10 year old corduroy pants in Hawaii? :-)

Now, 90 pounds later, I'm wearing size 10 and using my closet to energize me, not suck me dry. I go through my closet on a regular basis and let go of those things that I don't wear or don't like so that I can keep the space open for things I love. And my time is spent trying to decide if, today, I'm in the mood to wear baby pink or bright orange. I know every choice is great. Is my closet perfect? By no means, but I continue to go through it to keep those space hoggers, time wasters and energy drains to a minimum.

Here's your challenge for July: Declare your freedom from closet clutter and begin to let go of the items that drain your energy and keep only that which supports you. You can also join me on Saturday, August 16th at 8 a.m. (that's Hawaii Time) over the phone for the Great Closet Clear Out. I'll share habits, strategies and tools to use in getting your closet organized. Watch for more details later this month.

Whether you let go of only one item, clear out and organize your entire closet this month, or simply join me for the Great Closet Clear Out in August, have fun and enjoy life.

Shawndra

Love the moment and the energy of the moment  
will spread beyond all boundaries.  
~Sister Corita Kent



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