

## **SIMPLICITY AND STUFF!**

### **The STUFF in Your House Are:**

- Objects You No Longer Use.
- Clothes You Don't Like Or Haven't Used In A While.
- Damaged underwear.
- Broken Things.
- Old cards and notes.
- Plants that are dead or sick.
- Receipts and Old Magazines.
- Unworn Shoes.
- Drawers that are full and never used.
- Memories of the past never opened.
- Children's toys that are not used, do not work or broken.

### **When Cleaning Out Your STUFF!**

Watch what changes in you. As you clean your physical house, you also place order to your mind and heart and to your spiritual lives.

- Health gets better.
- Creativity grows.
- Relationships get better.
- There is greater reasoning capacity.
- Improved mood.

### **Three Questions That Might Help When Clearing Out Your STUFF!**

1. Why am I saving that?
2. Is it about me today?
3. How will I feel if I release that?

### **Separate And Classify Your STUFF!**

Do a general cleaning and use boxes for organization. Start with drawers and cabinets and sort your 'Stuff' as follows:

- To Keep.
- To Donate.
- To Gift.
- To Sell.
- To Recycle.
- To Trash.

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