

ESSENTIAL LIFE SKILLS

How to stay in a position of power to choose what's best for you.

Thinking - Believing - Feeling - Deciding - Doing

Emotional Management Skills

- How to get and stay unstuck
- How to prevent overwhelm (shame, exhaustion, resentment, depression...)
- How to be free regardless of your circumstances
- How to make motivation
- How to trust your decisions
- How to practice non-force
- How to move from “I have to” to “I choose to”
- How to enjoy the process, not just the results

Communication/Negotiation Skills

- How to own your own authority
- How to get cooperation with family members (including children)
- How to express yourself in a way that will be heard
- How to respond to broken agreements
- How to inform without defending or justifying your position
- How to say “no” respectfully
- How to ask for help
- How to work around a non-cooperative family member

Time Management Skills

- How to manage your to-do list with ease and comfort
- How to make (and protect) your time
- How to experience freedom within the constraints of your life
- How to design your days on your own terms
- How to declutter your calendar
- How to decide how much time to give to a project
- How to know when to delegate

Stuff Management Skills

- How to decide what adds value to your present life
- How to let go with a sense of freedom instead of loss
- How to create an optimal environment to do the physical work
- How to use and protect your resources (time, money and energy)
- How to declutter and organize to prevent the mess and stress from returning

ESSENTIAL FRESH PERSPECTIVE

We cannot solve our problems with the same thinking we used when we created them.
Albert Einstein

Old Thinking

What's wrong with me?
Trapped by my circumstances
I don't have time
It's my fault
Hurry up to get more done
Rules, external authority
Clutter is bad
I should know how to declutter
Attack your clutter
Get rid of clutter
I don't know what to do
The right way
Purge (loss of control)
Torture
Loss
Belonging to belongings
Housecleaning
Accumulation of things
Trapped by circumstances
Restless, Anxious
Endure
Survive
Concern
Worry
Drudgery

New Thinking

What do I need to learn?
"High priestess" of my life
We all have time
It's my responsibility
Slow down to think
Guidelines, internal authority
Clutter naturally occurs life
Skill to learn, not a talent born
Putter through your clutter
Let it go in a way that feels good
Let's figure it out
The right fit
Let go
Treasure hunt
Freedom
Belonging to self
Taking care of your home
Abundance of spirit
Free to choose
Peace of Mind
Adapt
Thrive
Curiosity
Wonder
Discovery