

## Beginner Tips for Tidying

- Beware of clutter dumping or shifting. This is when you allow others to drop off their unwanted stuff on you or you put your stuff on others. This can be in the guise of gifting too. The key is always, does this bring me Joy? Be committed to your tidying festival enough to say, “No Thanks”.
- Develop kind but firm boundaries. You will become very clear about what is your stuff- therefore your responsibility and what is not. As well, you will naturally become very clear and decisive about what brings you Joy.
- The purpose of a gift is in the act of giving. Once it's been received its purpose is complete. If the gift has no joy it's your right to let it go. Be very careful of gifting on your things to others, you may be denying yourself the opportunity to 'complete' properly. If you do gift, make sure it's something that person really wants, give it with no conditions and make sure you have released it with love.
- Tidy by yourself and in private (as much as possible). You are communing with your own inner direction.
- There is a detox effect so drink lots of water and have windows open. Take breaks and go outside.
- Doubt is to be expected and mistakes are OK- just get the gift of the lesson and let it go.
- Have patience and compassion for yourself, it's taken a lifetime to accumulate your clutter it's going to take time and effort to properly clear once and for all.
- Have patience and compassion for the people you live with. Dispose of items quickly and out of sight. Be aware that change is difficult to be around and will often look like chaos initially.
- Any tendency in you to look at other's stuff and give advice or even just mentally judge is just coming from your own clutter within. Turn all these tendencies inward and use it as fuel for your tidying festival. As you tidy your stuff you will likely stop noticing other's and may even inspire them to tidy.

- There will be obstacles and resistances- **Tidy Anyway.**
- Commit to finish, know there is an end point- you only have a finite amount of things. Know that you are able!
- Only tidy your things- other people's items you may have responsibility for (including those who have passed away) can wait until your things have been put in order.
- Notice your impulses to purchase. What are your thoughts, feelings and sensations in the body? Give yourself time and space to adjust to empty shelves and cupboards.
- **Have Fun.** Your Tidying Festival is once in a lifetime- so have fun. Believe it or not you will really enjoy yourself and find it difficult to stop.