

## **New Year resolutions. Step one!**

### **Letting go of material clutter...**

The beginning of a new year is always such an exciting time! I love that feeling that anything might happen, new opportunities, endless possibilities, promises, thrilling adventures, and dreams to be fulfilled! And of course the grand yet dreadful NEW YEAR RESOLUTIONS... How many of your 2009 resolutions have you accomplished? If you are like me, you don't even remember all of them... But you see, I have high hopes for 2010, and I am determined to carry out MY 2010 resolutions. And I would like to help you do the same.

One of our problems, as smart, busy, overachieving humans, is that we always add stuff to our plate... We add actual stuff (things, clothes, collectables, Christmas ornaments, furniture, accessories...) to our collection of stuff, but we also add emotions, feelings, desires, values, dreams to those collections. We add the 2008's stuff to the 2007's, and then comes 2009 and we add more stuff, and now it is 2010, and we are about to try adding even more stuff!!!

What happens when you pack to go on a vacation, and you keep on adding stuff into your suitcase? At one point, it does not close any more, and over flows right? Trust me, I know!

So I invite you to take a little trip to Memory Lane, and look at all the clutter in your life. Let go of it...

Do you have clutter in your house?

Is your closet overflowing with clothes and accessories, belts, scarves, coats? Yes, I know, they will all come back in style, and they are still in mint condition... But when is the last time you wore it? As a rule of thumb, if it has dust on it, get rid of it... Or if you haven't worn it in a year, or more..., or since 1985... Goodwill, Dress for Success, and other charities will send you loving vibes...

How about your kitchen or your office? Do you feel like you are drowning under a mountain of papers (yes, that article all the way at the bottom of the pile is surely interesting... If only you had time to read it, and remembered it was there...) Recycling is a beautiful thing, my friend!

So go ahead, do a little spring cleaning in January! Make space for the beautiful treasures you are going to come across this year.

Next time, we will talk about another type of clutter.

In the meanwhile, happy donating, and happy recycling! And don't forget to reward yourself when you are done... A glass of wine or a piece of chocolate always does wonders for me! Cheers!

Karine Woodley

Ready. Set. Live. Wellness coaching

<http://www.readysetlivecoaching.com>

317-331-8796

Facebook page: ready.set.live.wellnes coaching / Facebook group: 2010 is MY year

You are welcome to share this newsletter, just make sure you leave my name and business info on it!