

ESSENTIAL FENG SHUI®

DE-CLUTTERING GUIDELINES



**Clutter =
Items that are disliked, unused, in excess,
and/or disorganized.**

Choose a space that you consider cluttered, such as a closet, storeroom, cabinet, desk drawer, table top, or kitchen cupboard.

Label 3 boxes or bags:

1. Throwaway
2. Giveaway
3. Stowaway

Ask yourself these questions about each item, and place it in the appropriate container until the space is empty:

- Do I love it?
- Do I need it?
- Does it support who I am now?
- Are there positive or negative thoughts, memories or emotions that I associate with it?
- Does it need to be fixed or repaired, and am I willing to do so now?
- If it's time to let it go, when and where is it going?

When you have separated all items into one of the 3 categories:

1. Put the Throwaways in the trash immediately!
2. Prepare and label the Giveaways to go to their new home - friends, family, charity, etc. - and make sure to remove them from your space within a week.
3. Stowaway the items you are keeping to their proper places with love and gratitude.

Congratulations!

Watch for the helpful people, opportunities, and things that flow into your life because you have let go of the old and made room for the new.