



NEWSLETTER

CLUTTER CLEARING
ISSUE 1010
October 2010

South East 0203 3030 152
Central 01295 275 030
Midlands 01604 269 129



Clare Baker

Founder and Specialist
Clutter Clearing Coach

Dear clutter client,

Welcome to the October Clutter Clearing Newsletter.

So how was your September de-cluttering?

Did you achieve what you wanted to achieve? If not then were your expectations realistic? Was it procrastination that meant you didn't achieve them?

If you did achieve what you wanted to achieve, what was it that made it possible? What do you need to do this month to make sure you achieve even more de-cluttering and organising in your home?

We're definitely on the home stretch now to Christmas. October is the last month that most people can consider and concentrate on their clutter clearing as November feels too close to Christmas to start, and December is definitely all taken up by Christmas. However, remember that our telephone coaching and help in the home are all one month packages so, if you still want to be Clutter Free by Christmas then book a help in the home package NOW to be in with a realistic chance of achieving success – if, that is, you are able to dedicate 2 hours a day EVERY DAY for 4 weeks to doing the clutter clearing sessions, and 2 hours a week to doing things on your to-do list. That's what's realistically required if you are de-cluttering on your own using our process.

If help in the home is not possible for you then do have some telephone coaching with me – it really will help you stay focused, avoid the panic, overcome the overwhelm and get us where we need to be by Christmas.

If you have already had help in the home or telephone coaching, then remember to use the on-line resources that you have access to. Check in with your successes, before photos (if you have them) and do your weekly plan. It really will work.

You will see that enclosed with this newsletter is a check list that will hopefully help you feel a little more organised in the run up to Christmas, and help with planning. Enjoy – it's all designed to make your life a little less stressed and overwhelming at this time of year.

If you would like to de-clutter before Christmas and book a package or Home Review and Recommendations visit, so you can have an organised Clutter Free Christmas, then give me a call now on **01295 275030**.

Happy clutter clearing!

Best wishes

Clare

P.S. Next Clutter Cluster –
Tuesday 14th October
8pm – 10pm
Banbury, Oxfordshire
(See website for details)

NEW

**Book 1
workshop place
and get
another one FREE!**

So if you have a friend who also needs help to de-clutter and get organised, why not treat them to a day out, or share the cost and pay only £25 each?

Download a booking form on-line and send back with a cheque if you don't want to buy on-line using Paypal.

See page 5 for details of workshops available.

QUOTE OF THE MONTH

A life spent making mistakes is not only more honourable, but more useful than a life spent doing nothing.

**George Bernard Shaw
(1856 - 1950)**



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ASK CLARE A QUESTION

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How do I stay motivated after help in the home / starting to de-clutter?

If you're following the process we teach and you've either got or downloaded eBook 1, / workbook 1, then the best way to stay motivated is to do 3 things:

1. Make sure you look at worksheet 7 before each and every Clutter Clearing Session. This will 'train your brain' to focus on the positives. It's impossible to go from A to B if you don't know what or where B is. Worksheet 7 is your B.
2. Make sure you reward yourself after each and every Clutter Clearing Session.
3. Record the changes you make with each and every Clutter Clearing Session and remind yourself of how far you've come to date. If you've reduced your clutter by even just one bag full, then that's a really positive change that you should be proud of, because it's probably more than you've achieved before. Taking photographs is a great way to help you see more than you would see just with your eyes.

If you're a previous client, you can also look at your hidden area on the website and specifically the list of successes that we recorded over the course of the 6 weeks of telephone coaching after the home visit. If you need help to stay motivated once you've started, then consider some telephone coaching with me to help you stay on track.

How do I get rid of all my unwanted paperwork clutter safely?

Shred it. You can do this in 5 ways:

1. Use a domestic CROSS CUT shredder to make sure your details are destroyed beyond recognition (this may take a while as most domestic shredders start to smoke after a short period of time!)
2. Contact a shredding company who can shred large volumes in one go
3. Look on the website to find out when and where the next 'Shred-in' is with our friends at Allshred.
4. Come to the Banbury Clutter Cluster where you can buy sacks from Clare, for £5 each, in which you can put your paperwork clutter as you de-clutter. You can then take them to the next 'Shred-in' or return to Clare to take.
5. Book up for the paperwork clutter workshop. You can then implement what you learn when you get home, buy some sacks at the workshop which you can then take to the next Shred-in or return to Clare at the next Clutter Cluster.

Looking for an interesting group / work / event / lunch-time / evening / Christmas Party speaker?

Clare Baker, our Founder and Specialist Clutter Clearing Consultant, has 7 years experience of working directly with individuals and companies who have clutter. This means that she has hundreds of stories, examples and anecdotes relating to clutter. She even has the Pickled Monkey, Beatrice Potter book worth £7,500 and dead snake examples to bring to her talk if required. Available for talks, workshops, team building etc. Prices are £285 per talk (+ expenses).



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Marvellous

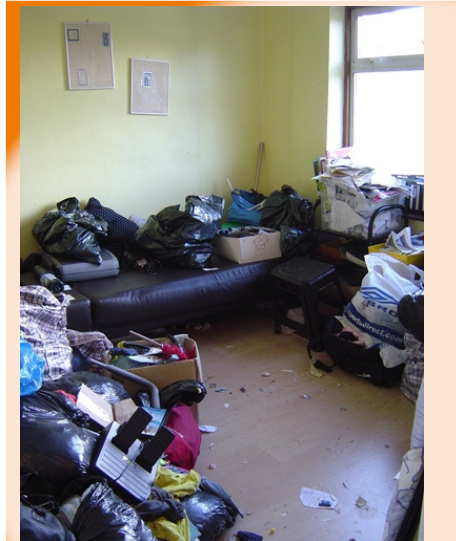
Michelle!

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Clare won't always be able to help you completely clear a room in a day (usually 2 days) – but seeing a significant difference is a success in itself.

In August 2008, Clare received a call from Michelle in Enfield, North London. Michelle had spent the morning on the internet trying to find help to de-clutter her 4 bedroom home which she shared with her 4 children ranging from the age of 6 to 12.



When Clare took the call Michelle had already had a good look around the website and later told Clare that she felt comfortable and confident that Clutter Clearing could help her just by the look, feel, language and examples on the website. Clare talked through the various options and Michelle wanted a Getting Started Package as soon as possible, so they did the telephone consultation that afternoon.

Michelle had come to Clutter Clearing as somewhat of a last hope. Four years previously her husband had left her and their 4 children, and that's when the clutter began to grow. As Michelle discovered during the telephone consultation, the lack of control with her clutter in her home mirrored her sense of lack of control in her personal, financial and home life, and on top of that the feeling she had no respect from her husband –that with her clutter she wasn't respecting herself, her home or her children - and this needed to change. Michelle had even been to social services to ask for help with her clutter, yet when they came to visit her they merely threatened her with removing her children due to the 'neglect' they felt her clutter represented, so by the time she called us she was in fear of losing her children. This was the last chance for Michelle - and cost her all her savings.

A couple of days later Clare travelled to Enfield to find Michelle ready and waiting to get stuck in. The telephone consultation had got Michelle's mind thinking about her life, her home and her clutter in a different, more positive way and this meant that she was in a positive place for the practical home help. The practical 'what do you want' stage was done as a family in the kitchen. The children worked well on this and as always this helped with the practical work in their rooms.

The children, who shared 2 rooms between them were each given 7 categories to clear the clutter into while Clare worked with mum Michelle on what was going to become her new bedroom.

By the end of the day, 10 sacks of charity shop items and 12 bags of rubbish out of the home meant there was space to think, move and see a future in their home, plus it had been decided that there was enough room for the children to have their own bedrooms for the first time ever. This was a truly significant decision for the family.

Even by week 1 of the 6 week follow up Clare had noticed a different, more positive Michelle. Getting clear about her clutter has also enabled her to get clear about her life – and move on. She finally knew what she wanted and wasn't afraid to go and get it.

Well what can I say other than your visit 'transformed' our lives! THANK YOU CLARE.

Michelle, Lauren, Aron, Amani & Kiara



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World Making Space Week

October 4th – 10th

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Go on – order yourself some flowers for the end of the week

OK, so technically it's World Space week, which is:

"To celebrate each year at the international level the contributions of space science and technology to the betterment of the human condition" - as declared by the United Nations General Assembly.

However, isn't making space in your home also contributing to the betterment of **your** human condition? Don't you feel better when you have more space? Isn't it worth making the time during World (Making) Space week to do some de-cluttering and organising?

Let's use the week to really focus on our de-cluttering, either get a really good start or step up a gear with whatever we are already doing. If we start World (Making) Space Week as we mean to go on, by making 2 x 2 hours of clutter clearing and 1 x 2 hours of 'to-do list' tasks, we'll get through our backlog of clutter by Christmas.

The positive thinker sees the invisible, feels the intangible and achieves the impossible.

Unknown

5 top tips if you want to make the most of World Making Space Week:

1. Having a **CLEAR GOAL** is crucial to success – and a clear POSITIVE goal. Give yourself a goal with a reward for the end of the week that you can work towards, such as a bunch of flowers (I love ordering them on the internet and sending them to myself!), meeting up with friends, going to see a show etc. Pledge a goal of de-cluttering this cupboard / room / paperwork during the week.
2. **PLAN YOUR WEEK**. If you're already a client or a top tip subscriber you'll have access to the Weekly Planner template which you can download on-line. Download a copy, print it off and PLAN YOUR WEEK. Remember – your priority is to do 2 x 2 hour Clutter Clearing Sessions (eBook / workbook 1, worksheet 9) and 1 x 2 hour To Do List actions (eBook / workbook 1, worksheet 13) so that we get our Clutter Clearing Conveyor Belt moving faster.
3. If you are not following our **15 STEP PROCESS** and you're not getting the results you want quickly and easily enough, then accept that you need to do your de-cluttering and organising using a different process. Do the same thing, you'll get the same results. Do something different, you'll get different results.
4. Give yourself **MORE OPTIONS** than 'keep', 'throw', 'charity'. Our brain needs 7 categories – and a 'not sure' category is always great at making sure the first 'not sure' item we come across doesn't stop us in our tracks.
5. Don't be too proud to **ASK FOR HELP** if you need it. How many times have you said to friends and/or family 'let me know if you need help?' Would you think any less of them if they did actually ask you for help? So why should you think less of yourself for asking for help?

Interestingly, according to modern astronomers, space is finite.

This is a very comforting thought - particularly for people who can never remember where they have left things.

Woody Allen
(1935 -)



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Workshop Dates

NEWSLETTER

How to get Started

Paperwork Clutter

How to Control the Clutter

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Book 1 workshop place and get another one FREE!

So if you have a friend who also needs help to de-clutter and get organised, why not treat them to a day out, or share the cost and pay only £25 each?

To book you can either:

1. Book on-line and use Paypal (which will take a credit or debit card)
2. Download a booking form on-line and return it to us completed and with a cheque

How to get Started

- overcome the overwhelm
- find a place to start
- the step by step process that is guaranteed to work
- help you avoid suffering from 'piles' of clutter
- teach you how to make sure you don't run out of energy, or time
- how to define and organise your home so that it works for you

[Saturday 16th October](#)
[Sunday 28th November](#)

Paperwork Clutter

- learn about the Clutter Conveyor Belt and how it relates to paperwork
- the step by step process to sort through your paperwork clutter that is guaranteed to work
- find a system that works for you to control the paperwork to avoid it accumulating
- how to organise your paperwork so you don't have to hunt for things when you need them
- how to know what you have to keep and what you don't have to keep

[Monday 18th October](#)
[Saturday 20th November](#)

How to Control the Clutter

- Learn about the Clutter Conveyor Belt and how it relates to controlling your clutter
- The secret to controlling the clutter and avoiding it's return
- Find a system that works for you to control the clutter to avoid it accumulating
- How to organise your home so that the clutter doesn't come back
- The rewards based control system

[Sunday 24th October](#)
[Monday 15th November](#)

All workshops can be booked on-line – click on the 'Workshops & Courses' tab at the top of the website.

Coming in January 2011.....
Clare Baker's
Clutter Clearing Success Club.

A 12 week programme to get you started, keep you on track, give you access to resources not available to others. Click on the 'Success Club' tab across the top of the website.

Next Month's Focus Topic

November is closer to Christmas!

So we'll be talking about how to get organised for a Clutter Free Christmas!



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Products & Storage

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Ways of working with

The Clutter Clearing CONSULTANCY

Help in the Home Options

All packages are £47 per hour equivalent.

<p>Home Review & Recommendations</p> <p>½ day followed by recommendations, advice, on-line resources</p> <p style="text-align: right;">£195</p>
<p>Getting Started Package</p> <p>1 day to get started Followed by on-line advice and support</p> <p style="text-align: right;">£282</p>
<p>Bronze Package</p> <p>1 day in the 1st week, 1 day in the 4th week Followed by on-line advice and support and 6 weeks of weekly telephone coaching to help trouble shoot, stay motivated etc.</p> <p style="text-align: right;">£564</p>
<p>Silver Package</p> <p>1 day a week for 4 weeks Followed by on-line advice and support and 6 weeks of weekly telephone coaching to help trouble shoot, stay motivated etc.</p> <p style="text-align: right;">£1,128</p>
<p>Gold Package</p> <p>6 days over 4 weeks Followed by on-line advice and support and 6 weeks of weekly telephone coaching to help trouble shoot, stay motivated etc.</p> <p style="text-align: right;">£1,692</p>
<p>Platinum Package</p> <p>8 days over 4 weeks Followed by on-line advice and support and 6 weeks of weekly telephone coaching to help trouble shoot, stay motivated etc.</p> <p style="text-align: right;">£2,256</p>

REWARDS

Some ideas are:

- anything you normally do but without the guilt
- having half an hour to yourself
- having a luxurious bath
- phoning a friend
- meeting up with a friend for coffee or lunch
- a day out

Clutter Clusters

October:
Clothes Clutter

November:
How to have a Clutter Free & Organised Christmas

! OFFER !

Your Friend:
books a Bronze Package
(2 days of help in their home)

You get:
A month (4 weeks) of telephone coaching
FREE
(worth £140)

3

Quick Questions...

How much have you REDUCED your clutter by this month?

What ONE thing can you do in the next 4 weeks to increase the amount of clutter clearing you do?

What's the strangest / most unexpected thing you've found in your clutter so far?



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Clear the Clutter... imagine the possibilities