

“CLUTTER-FREE CLARITY”

By Trish Blackwell



Clutter is what happens when you spend your life doing everything other than living your actual life. It is busyness, comparison, an over-loaded schedule...it is often a quest for justification or approval. Clutter is fear-based and it tarnishes our ability to actually live.

Clutter free living is possible for everyone. When you eliminate clutter, you are awakened to clarity in your life.

We can start cleaning out our clutter by cutting out the presence of comparisons in our mind. Just like a hoarder, those of us who engage in comparisons don't realize how deep we are into our clutter until we have someone else help us see the situation for what it really is.

DETOXIFY:

Sacrifice is the willingness to give up what you love for something you love more. So, my question for you today is: do you love the potential of your future enough to forfeit the comfort of clutter in your life?

You might be so used to constantly comparing yourself to others that you don't believe you can actually think differently, that you can actually love yourself for who and how you are today. Your detoxification of the day is to trash the thought that you can't break free from comparison, because, you can. Remember, whatever think, whether we think we can or we think we can't, we are right.

DEFINE:

Today you need to define the clutter and identify what areas specifically pose the most temptation for you to engage in comparison. Identifying your temptations is the most honest way to learn how to choose a better path. By defining your clutter you are better able to see what areas you need to pour more love into for yourself, for the best way to overcome comparisons is through self-love and self-acceptance.

DARE:

Your day for the day is to make your hand with a Sharpie every time you find yourself cluttering your mind with comparisons. Sometimes we are so used to doing something that we don't even notice just how often we do it. Tracking how frequently your mind launches into the clutter of comparison will bring awareness to your clutter. Awareness is the door that opens our potential for change.

Confidently yours,
Trish