

Less is More

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The Life Coaching Facility

IDEAL BALANCE

Fitness • Family • Finance

Why Less is More

There's a major mindset shift we have to make in order to completely transform our lives, our homes and our space into places of peace, calm, joy and organization. That is that Less is More. More is not more, less is more. More is not better, less is better. Why? Less stuff means more free time because you're not busy taking care of all of your stuff. Less stuff around means you can appreciate the stuff you do have even more. Less decisions, less stuff, less clutter, less to store, less to clean, less distractions. More space, more freedom, more time, more peace. It's that simple.

*The less stuff
you have, the
more you'll
treasure what
you keep.*

Imagine Little Tommy and Little Molly. Little Tommy has a playroom with so many awesome toys. Weirdly enough, Little Tommy doesn't like to play in that room and he doesn't really like to play with the toys in their either. That's because he can't decide what to play, he can't find what he wants to play when he finally does decide, and he usually ends up getting yelled at to clean the

room up by the time he finds it anyway.

Then there is Little Molly. Little Molly has exactly one dolly. She loves that dolly. She takes that dolly everywhere. She plays with the dolly everyday and she takes really good care of the dolly. You get it. It's the same way we are as adults. Stressed and overwhelmed with all the stuff, where to put it, secretly imagining it all burning in a fire so you don't have to mess with it. Well, maybe

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that last bit was a stretch. Maybe. Either way, you're here. You're now one of those folks who believe less is more.

Now it's time to work through some exercises to make it more concrete in your brain.

What do you want less of?

What do you want more of?

Vision Casting

How many of us have ended up with the home design and organization that we've got rather than having designed the home to look and function the way we desire? If that's you, you're not alone. Once we hit adulthood, we basically grab it by the horns and try to hold on. Doing things intentionally and purposefully falls to the wayside and getting by, making it through and doing what we can is the operating mode.

*Fix your home,
fix your life.*

Did you know there's a phenomenon where many professional organizers report their clients having other major life breakthroughs after getting their homes in order such as finally losing weight, getting debt-free or landing their dream job. That makes sense. Your

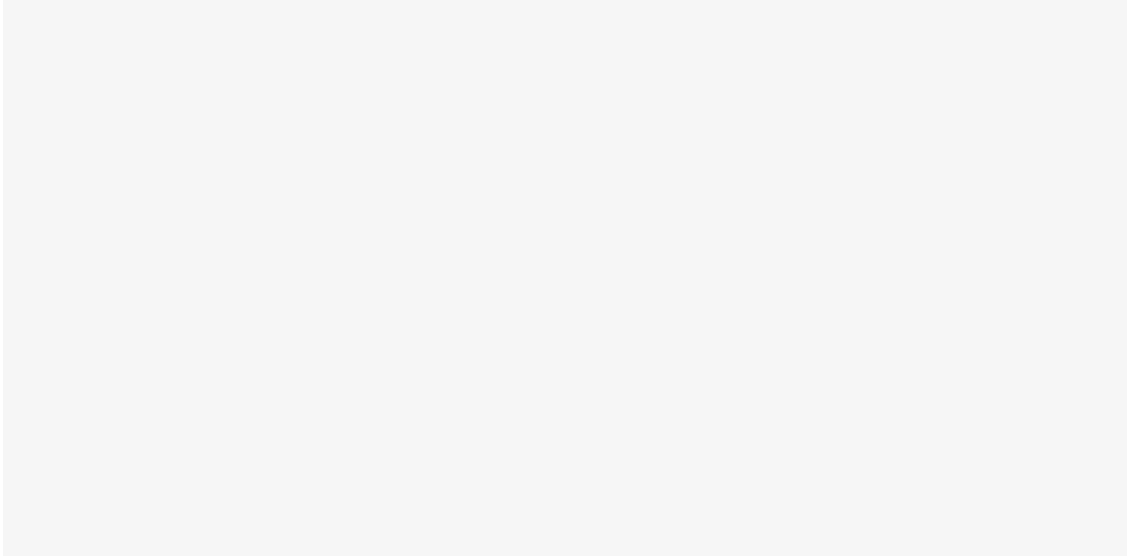
home is your sanctuary. If you can get it in order, your entire life can change.

You can have a home that is pleasing to the eye and functions really well. But first, you have to know what that looks like. It may be difficult to imagine what that home looks like if you're sitting surrounded by clutter and chaos. That's okay, close your eyes when you go to answer the exercise questions.

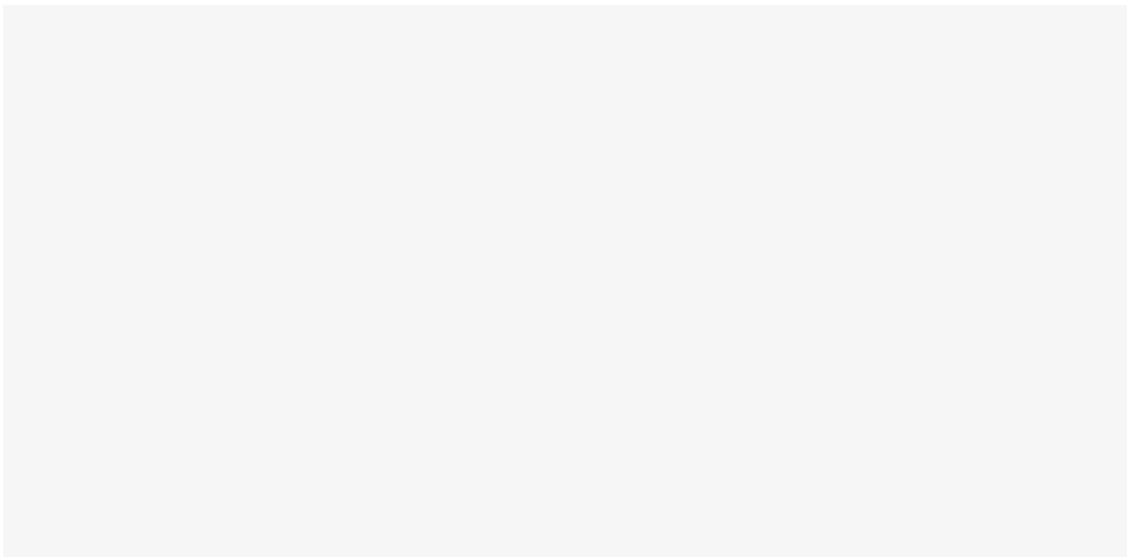
Imagine yourself in a home you love. As you look around, everything that catches your eye brings you joy. Things are organized and functional. You love hosting family and friends because your home now exudes peace, calm, joy and love. Let's go!

Vision Casting

How do you currently feel in your home?

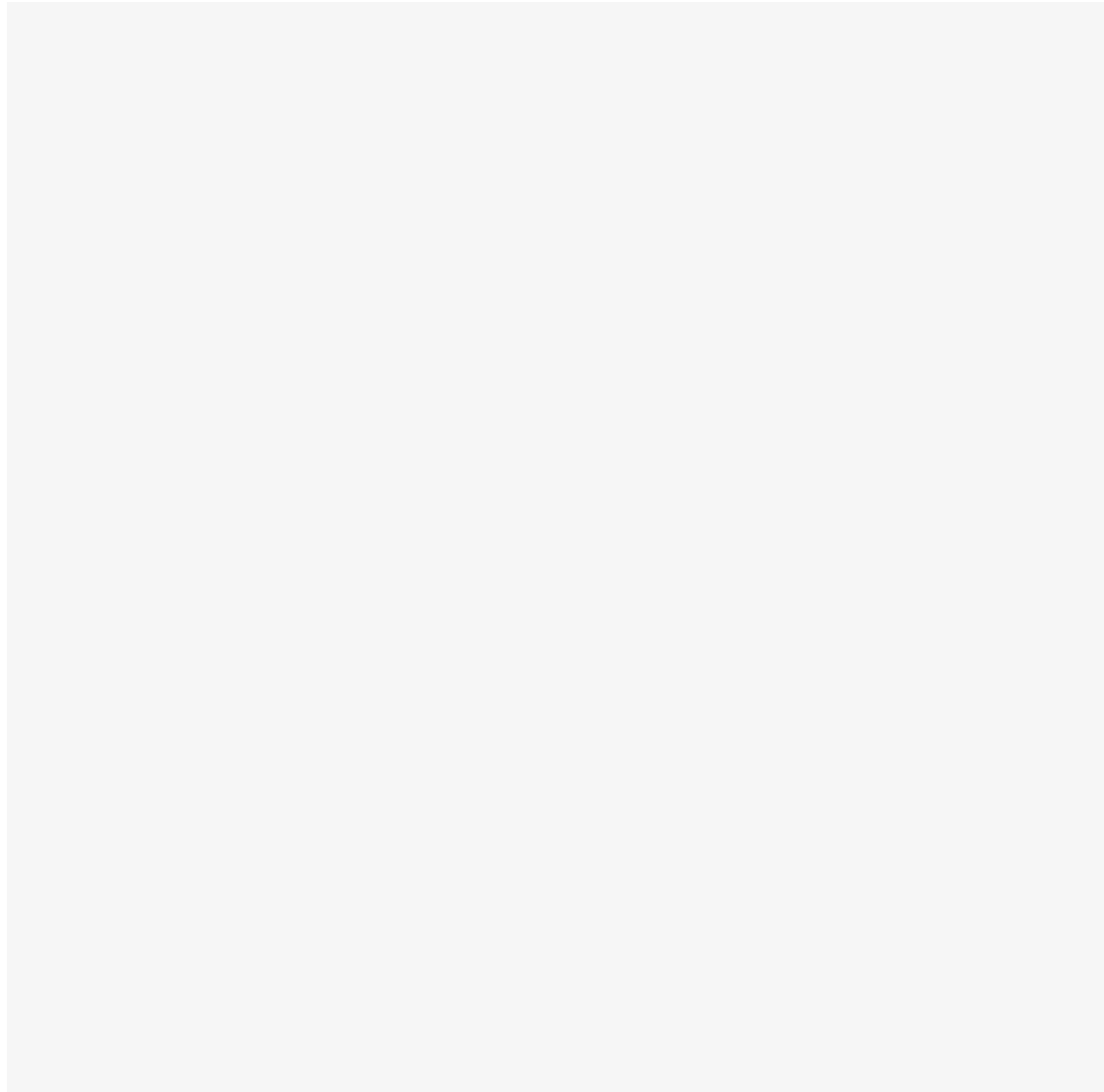


How do you want to feel in your home?



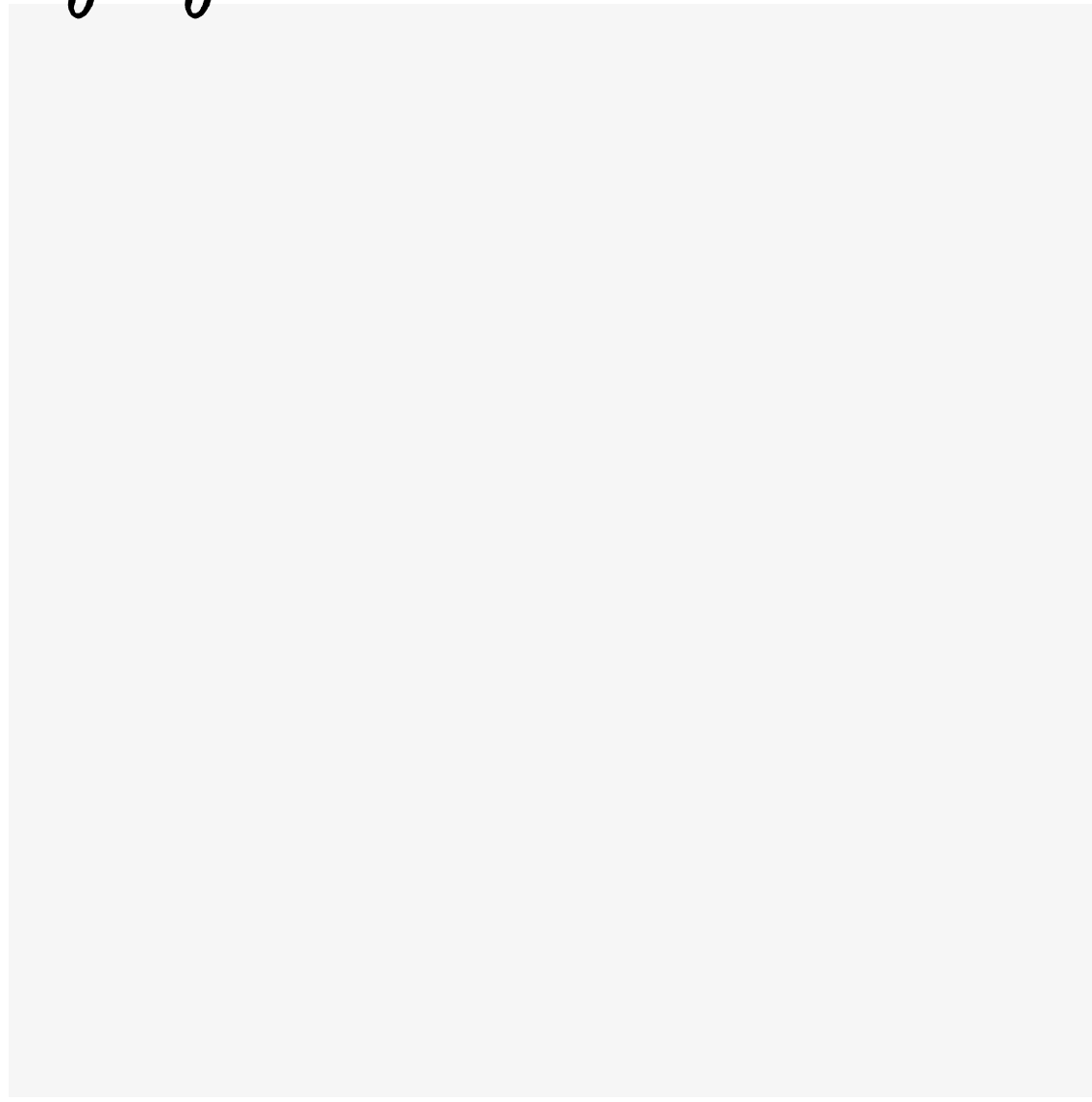
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What would it mean to you to have a home that was full of space and things you love? That was uncluttered and functional and made you feel at peace and proud?



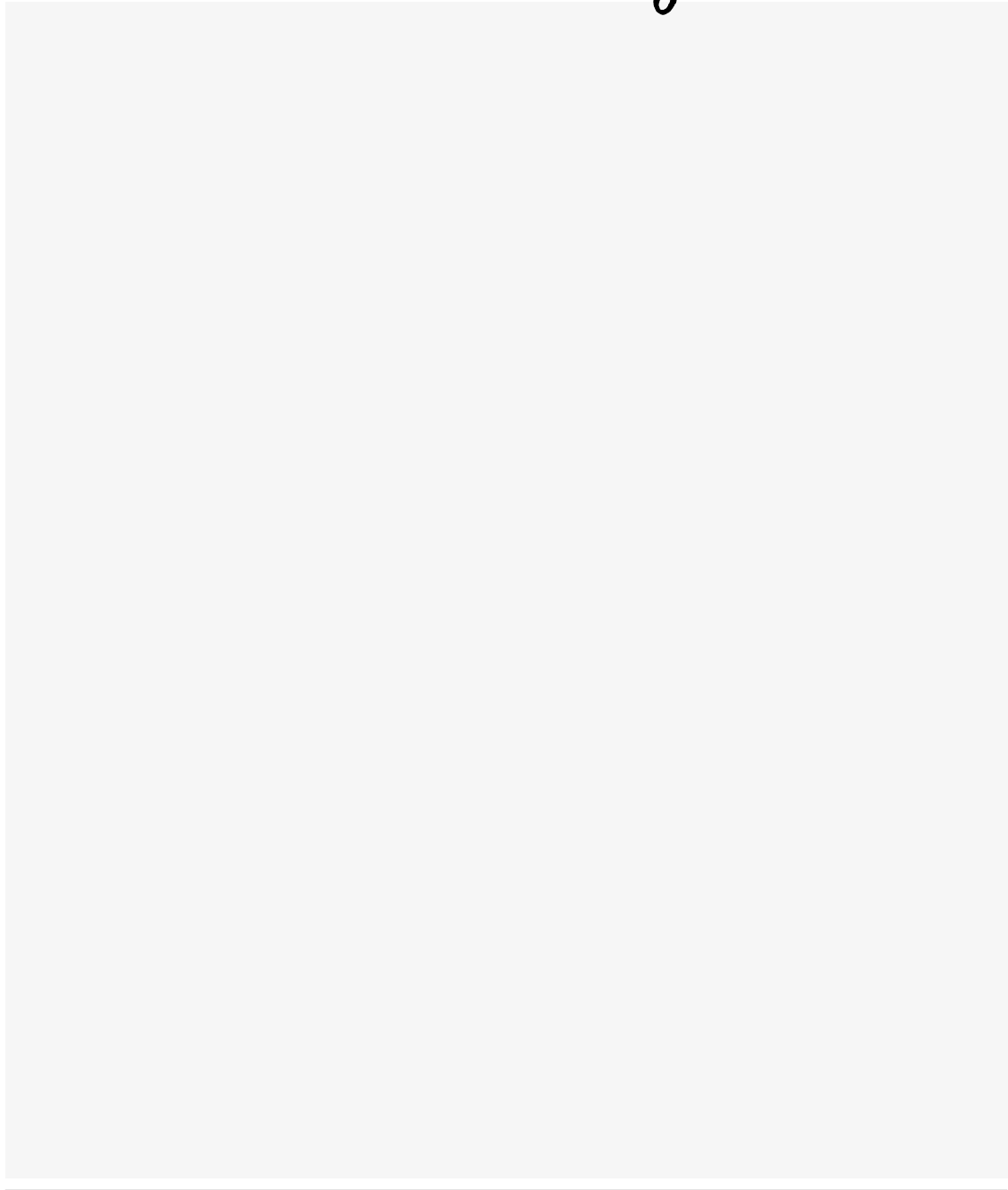
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How would it feel if your home was always ready for visitors to drop by without any anxiety or embarrassment on your part (even though they love you anyway!)?



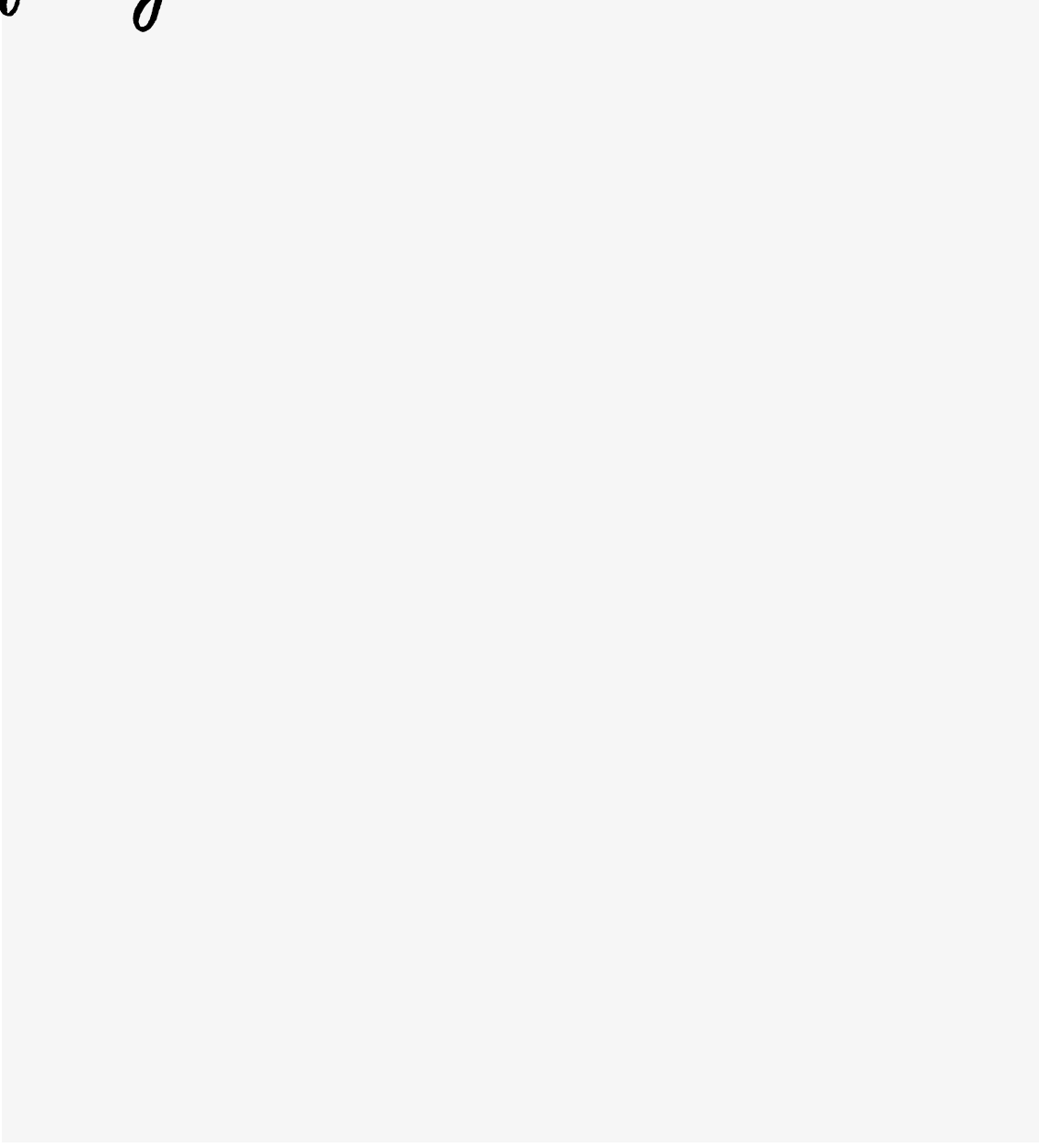
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If you had to leave your home suddenly without knowing when you could return, what would you take?



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What would a well organized home mean in terms of your time and energy? What would it mean for your family?



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Describe your perfect home: smells, colors, textures, functions, systems.

