Clearing Clutter & Finding Contentment

By Becky Chappell

1. Causes of Clutter
	1. Trying to build security.
	2. Looking for acceptance.
	3. Trying achieve contentment.
	4. Holding on to the past.
	5. Too lazy.
	6. Too busy.
2. What is Minimalism?
	1. Joshua Becker defines it this way. “Minimalism is the intentional promotion of the things we most value and the removal of everything that distracts us from it. It is a life that forces intentionality. And as a result, it forces improvements in almost all aspects of your life.”
3. Benefits of Living with Less.
	1. Less spending = less debt and more money
	2. Less to worry about = less stress
	3. Less stuff = less to clean
	4. Less waste = better for the environment
	5. Less to do = more time
	6. Less distractions = more focus
4. How to Clear Clutter
	1. Write down what results you want out having less clutter in your life.
	2. Find places to donate or discard items before you start.
	3. Select a method by space, room or category.
	4. Take everything out.
	5. Ask yourself does this add value to my life?
	6. Decide if it’s trash, treasure, or transfer.
5. Dealing with Roadblocks
	1. What if I need it?
	2. It was a gift from someone
	3. I spent good money on it.
	4. It has sentimental value
	5. Opposition from others
6. Gatekeeping
	1. Consume less
	2. Choose quality over quantity
	3. Barrow before you buy
	4. One in one out
	5. Set limits
	6. Gift giving and receiving
	7. Things change so reevaluate