

Make Room for what you want





Making room for exactly what you want in your life

*Where do you need to create
space or have more organization to
support your fitness journey?*



PLANNING & PREPARATION

Where do you need to create more organization to support your fitness journey?

What do you need to buy for your fitness journey? New workout clothes, weights, yoga mat...?

Declutter & Organize



Step 1

Timer

Put a timer on it and pick areas that are small “wins.” Start with one closet, one cabinet, one room.

Whatever is easy and doable for you.

If you have a lot of clutter or things that no longer fit or look good, you’ll be shocked at the energy and lightness decluttering will create.

Step 2

Checklist

Need a checklist of where to look?

- ☐ Things that annoy you, don't work properly.
- ☐ Clothes that don't fit or have stains, broken zippers, etc..
- ☐ You no longer want to wear it, but hold on to it for sentimental reasons.
- ☐ Clothing that you can't fit into and makes you feel bad because you can't.
- ☐ Clothes, shoes, gear you aren't going to use anymore.
- ☐ It was a gift. I can't throw that out (yes you can).
- ☐ Clothes you hang on to because they were expensive, not because you like the way they look on you.

"I might get back into: running, badminton, golf..."

If you do, all the gear will be completely different and you'll need new stuff.

"I'll have nothing to wear if I throw out all my clothes that don't look good on me."

Doubt it! Be ruthless, only keep the things that make you feel great. Remember, someone else can surely use what you no longer want to have.

Step 3

Donations, Recycle



Donations

Where are things going that you are not keeping? Make a quick list of your local Goodwill, Dress for Success, Shelter, Soup Kitchen, you can even find organizations who will send a truck to pick things up.

Once you have a pile of things to give away, do it! Putting it in the garage is not getting rid of it.

Fix

Be careful, this is a slippery slope...but if you have stuff that you like but doesn't work properly, find out where you can get it **fixed** and get it done.

(Do not put this stuff in a box for later...)

Recycle

Where does the recycle go? If you have curb service, awesome. If not, get some boxes and know where things will go.

It is easier to remove things from your life when you know they are not just becoming landfill.

Toss

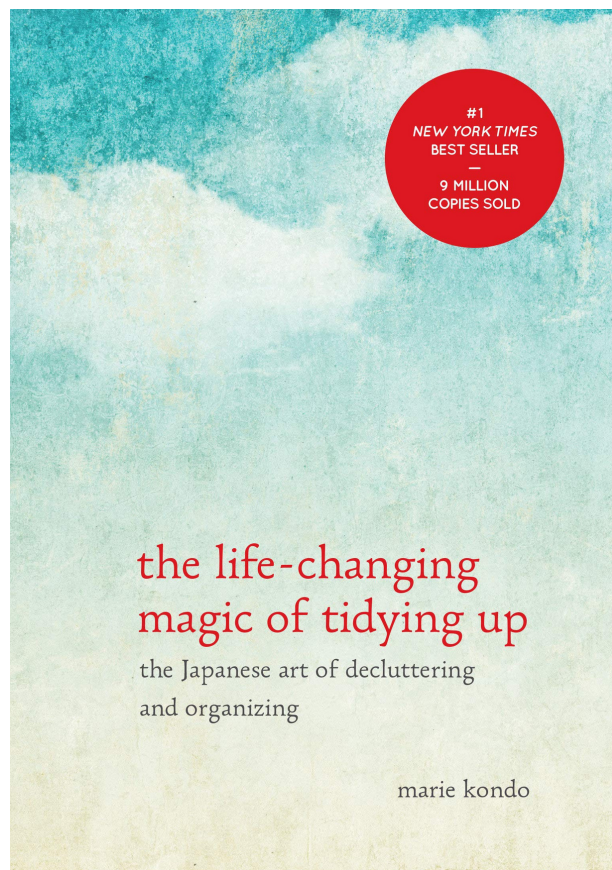
When you can't donate or recycle but still need to get rid of it.

More

Want more inspiration or ideas?

check out the

Life Changing Magic of Tidying Up by Marie Kondo.



I have to admit when I first started reading I wasn't sure if this was real or in jest. But, the more I do it and keep up with it, the easier it is to find what I need, know what I'll wear and keep everything in easy reach.