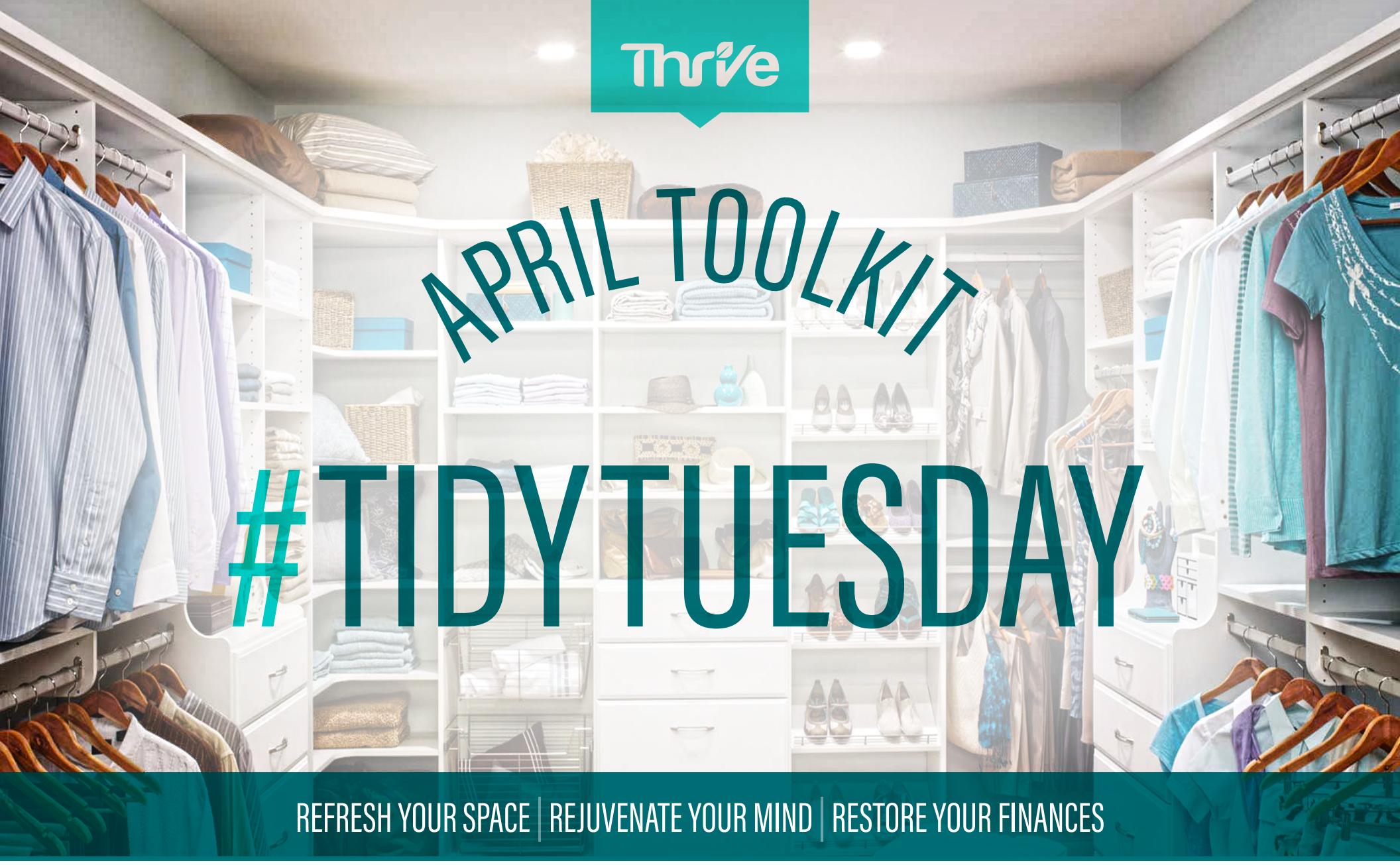

Thrive

APRIL TOOLKIT

#TIDYTUESDAY

REFRESH YOUR SPACE | REJUVENATE YOUR MIND | RESTORE YOUR FINANCES

WEEK ONE:

MAKE ROOM FOR NEW THINGS AND DONATE THE OLD

#TIDYTUESDAY is all about taking steps to become more organized, giving you more time for the things you love and want to do. It's easy to fall into the trap of believing that possessing more brings greater happiness. In fact, the more things we own, the more anxious we become thinking about how we are going to pay for, protect and look after such things. Simply put, the less we own is easier in the end to organize, which gives us the gift of more time.

Peter Walsh, Australian author of several books on decluttering and host of Extreme Clutter says, "Many people hang on to belongings for comfort and security, and to remind them of who they've been and who they want to become, but letting go of clutter is often about letting go of the emotional baggage we carry around with us, allowing us to enjoy life in the here-and-now."

PAY IT FORWARD

Make room for new things by taking 15 minutes to pick items from your closet and/or desk that you don't want or need anymore. Donate the items you don't need to charity. Sure, you could have a garage sale or put them on eBay or craigslist, but donating them is quicker and easier, plus you are giving back to your community.

Bonus: If you want to share, please post a picture of the things you donated on Facebook, Twitter or Instagram using #TidyTuesday.

#TIDYTUESDAY

SHARE YOUR EXPERIENCES ALONG THE WAY, PLEASE POST ON FA

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