

## Embrace Change

### “In With the New” is Not Easy... Unless You First Tackle ‘Out With the Old!’”

You can't move forward if you're weighted down by possessions, ideas and attitudes that you should really leave behind. Here are 5 steps to enable you to pave the way growth in your life:

1. Throw It Away! (Remember to use your recycling bin!)

Do you really need those dozens of Kids' Meal Toys or the years' worth of *Outdoor Life* that just sit on your shelves? And in the kitchen... what about all those spices? If you can't remember when you last used them, it's WAY time to throw them away! Before you buy more, ask yourself, "Do I even know what majoram is? When was the last time I used dried basil instead of the fresh?" Be vigilant and make yourself get rid of what you don't need or treasure. If you just can't bear to toss it in the junk pile, then go to Step 2.

2. Give It Away (One man's junk is another man's gold!)

What about your grandmothers Victorian dining table and twelve chairs? If you find a good home for things you care about, it will ease the guilt. Think of family members, friends, grown children (yours or others!), schools, housekeepers, newlyweds, college grads... they could be thrilled by your pass-downs. However if you don't come up with a grateful recipient then resist the temptation to keep it, and proceed to Step 3.

3. Donate!

**Don't** donate things that you think will get thrown out by the next person. **Do** donate things that you no longer need, but might be of use to others. Sometimes it helps if you build a relationship with an organization so you have a sense of helping a community, not just getting rid of unwanted 'stuff.'

4. Sell It!

Just because you don't want it any more doesn't mean you can't sell it to someone who does! You may not recoup your money, but somehow it eases the pain of getting rid of valuables that just aren't 'you'.

5. Organize What's Left!

By the time you arrive at Step 5, you should feel much less burdened by your possessions and more inclined to think with a clearer mind. Looking at what remains in your home, the goal should be to find a "home" for it all. In other words, the house keys, cleaning supplies and peanut butter should always be found in the same place. With this approach, the Scavenger-Hunt Syndrome might quickly become a distant memory..

