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**PREMIER ISSUE**

# Clear Corner



## Clutter Clearing with Jane Carroo

*Jane combines her past experience as an educator, corporate consultant and life coach to help clients gain clarity and control over their space, paper and time. You can write also her with your questions and clutter challenges which may be featured in an upcoming issue. info@cluttercoach.com*

*Also check out Jane's website at [www.cluttercoach.com](http://www.cluttercoach.com).*

I had a revelation while downsizing after my divorce. While going through all this stuff—partway through it just hit me. Why had I thought all of this STUFF was so important? Long story short, I ended up getting rid of about half of it, and didn't miss a thing.

This started my journey as a clutter coach. The transformation that happened in my life was so profound after clearing out all the things I didn't need or use, my entire life felt free and open and I was effortlessly making changes

in other areas as well. For example, I had been working in the corporate world and studied to be a life coach, finally quitting my job and doing it full time. And I loved it!

Soon after, while happily working as a life coach I noticed that a lot of the people that came to me for help in areas of career and personal growth would be greatly assisted and propelled forward by clearing out their unused stuff as well. I thought that they might have a better, tangible

## Life Snapshot

Ever wonder how people are able to create their lives intentionally?  
Would you like to create what you want in your life, too?

### How do you begin?

A great way to start is by taking a personal snap shot of your life. This is a fun exercise!

Get a piece of paper and make a list of all the major categories of your life. List areas such as personal, family, health, career, fun, etc. Then take a quick hit of where you are right now regarding each area. Do this by rating each area on a scale of 1-10. When you are done, take a step back and see what areas feel neglected to you, and which areas feel important. Now, prioritize by choosing just one area as your top priority. Congratulations, you've just reviewed your life and clarified your priorities!

Now list ways that you can increase or incorporate that category into your life. Choose the ones that would be easiest for you to implement and do so. This is a quick tool that you can practice over and over again. Use it periodically and see how you are able to refocus your intentions. This is one great way to stay connected to yourself and on your path to creating a more intentional and fulfilling life.





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