

Memories or Maybe?

It seems that a lot of our excess clutter can fall in to two categories: things from the past or things that we might do in the future. The most important things in our lives are those that are with us in the present: those items we use frequently and enjoy regularly. These are items we use for daily tasks as well as items we actually use for self-improvement (not hope to or plan to use). Being stuck in the past or dreaming of the future creates mental and physical clutter.



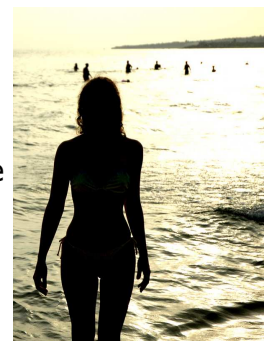
Do you hear yourself saying ...



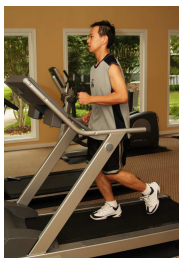
I can't let that go, it belonged to....
That was a gift, so I have to keep it....
I loved that....
I used that all the time....
That was my favourite....

I paid a lot of money for that....

These are statements related to your past. Our emotions tied to our past or someone else's, in the case of inherited goods, leads us to cling to these items. The occasional trip down memory lane is pleasant but when we overly surround ourselves with the thoughts and feelings of the past we stifle our growth as individuals. Examples of these items are baby clothes, wedding videos/paraphernalia from failed marriages, and/or gifts and inherited items that do not suit our taste/needs. Clothes, toys, records/tapes from youth are others.



When you say:



I'm going to do that....

As soon as _____, I'm starting that....

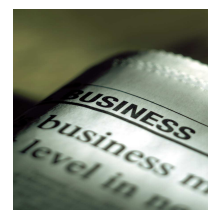
I could use that sometime....

What if my _____ breaks - then I will need this.

It would be really nice to....

Just in case....

I should....



These are future statements. Being prepared for every possible contingency might seem like a wise approach to life. However, if we spend all of our time planning, we have no time for doing. If you hang on to extra things,

"Just in case," you will have a harder time finding and using the items you do need today.



All these future "maybes" aren't getting you closer to your goals. Brochures, guides, and videos get quickly out-of-date. Move these "maybes" into the present by actively reading up on the subject, taking a class, or getting out there and doing it.

Much research has been done today on the area of happiness. People who live more in the "now" are much happier. Listen to your self talk - is it primarily about memories or maybe? Take a look around your home and see where you are living: past, present or future.

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