

The Colossal Cost of Clutter



What would it be worth to you to have an extra week or more of time each year? Have you considered how much the things you own actually own you and how much time you spend on things you don't need? Why wait for Spring cleaning when you can find time by uncluttering your life?

First let's distinguish between price and cost.

Price is what you pay to get something; cost is what you pay to keep it.

Everything we own costs us something to keep. For example, you pay a price to buy a computer, then you pay costs in time and money to buy apps, upgrades and internet connections to keep it. It's the same thing with all the dustables on display at your home and office—it costs you time and energy to maintain them. Have you considered how much energy you spend on keeping what you keep?

Look at the clutter in your desk drawer, the old files you've been keeping and the time it takes to make your life work or not; it costs you something to keep them. Saving 10 minutes per workday by getting rid of physical and mental clutter gives you an extra 40 hours a year—a whole work week—to do what brings you more success and joy in life.

So where can you leverage at least 10 minutes a day? **Answer: eliminate what you tolerate.**

What's the difference between tolerances and tolerations? A tolerance is a range of what is acceptable to you. A toleration is something you put up with beyond your tolerance range. Anything that goes beyond your tolerance range is a toleration that wastes your time, energy, money and other reserves you'd like to have. How about some examples?

- You spend 10 minutes a day looking for your keys, your phone, your wallet. Start keeping them in a set place.
- You have a kitchen appliance that is broken or you don't use (toaster, juicer, omelet-maker, etc.). Either fix it, give it away or throw it away.
- Your technology is aging, getting slow, crashing. You spend time waiting, being frustrated with it, and extra time thinking about getting something newer.

(Note that tolerations include the time thinking and feeling PLUS the time you spend performing the toleration!)

Can you see how a few small changes might save 10 minutes a day? What would you do with the extra work week this would give you?

In composing a list of tolerations, some people list only a few; others would have so many that they may realize their whole life is made up of tolerations. When people say, "There aren't enough hours in the day," I want to ask, "What are you tolerating?"

Eliminating tolerations does more than just save time. It releases the energy and resources to use in positive ways for your life. What are you tolerating? Identifying your tolerations is the next step in clearing them out of your life and reclaiming your time and resources.

General Directions

Be kind and gentle to yourself when developing new habits, change can be difficult. It takes practice, so don't expect to get everything perfect the first time out. Since this is for **your** life, you have three options for each item.

1. When you become consistent with that item, check it off.
2. If an item does not fit what you need, rewrite it for your own purpose, check it off when consistent.
3. If you decide an item does not really matter to you, check it off because it's not a challenge for you.

10 LifeChecks for Uncluttering

- I have mentally gone through my home and made a list of what I tolerate that is inside my home
- I have mentally gone through the outside of my home and made a list of what I tolerate there
- I have mentally gone through my workplace and made a list of what I tolerate there
- I have mentally gone through my relationships and made a list of who I tolerate and why
- All my appliances (refrigerator, toaster, etc.) and machines (lawnmower, blower, etc.) are in good working order
- My office and work space are clean and organized
- My papers and computer documents are neatly ordered and filed, my screen not cluttered with apps and files, I don't waste time searching
- I keep nothing around my home or in storage that I don't need or enjoy having
- For things I need or use, like phone, keys, note pad, etc., I have a place to keep them so I don't have to waste time searching
- I either have made a plan to eliminate or reduce everything I tolerate, or have made a conscious choice to enjoy the toleration, or have a strategy on the best way to stop tolerating.

Date Completed 10 LifeChecks: _____

Create your own LifeChecks:

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Notes:

As a LifeChecks user, you agree to the following: LifeChecks are created to assist in your personal development and in creating the life you want. Your development might require professional services beyond LifeChecks such as coaching, medical, therapeutic, legal, financial, tax advice, etc. LifeChecks makes no guarantees or warranties, expressed or implied, as to results to be achieved, and shall have no liability or responsibility for any actions you take or don't take as a result of using LifeChecks materials. The services of a professionally certified coach are recommended as part of the LifeChecks process to help clarify, understand and engage the challenges and material relevant for your life.