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Susan Gardner, MDiv and CPO-CD (Certified Professional Organizer in Chronic Disorganization), guides clients on a journey toward balanced and grounded simplicity. Through professional organizing she helps you find balance, address internal clutter, and physical clutter.
NATURAL BEGINNINGS AND ENDINGS

January begins a new calendar year, marking a universal year change, but not specific days of beginnings. People often mark their life calendar beginning on a date of remembrance, like the beginning of recovery or a date when life as they knew it changed.

Recognizing how life is marked by beginnings and endings is vital to self-awareness. In small moments or seasons of change, we rehearse for great moments of change. Through our history of survival, renewal and transformation, we learn what to expect next, whether this is anticipating things will turn out well or dreading what will come.

Working with people in their homes, it is not unusual to find places where painful endings have become fossilized in clutter and new beginnings seem bound by paralysis. Feeling overwhelmed is common.

However, if this is connecting with you, desire for change is alive in you. Paralysis seeks movement. Feed that pulse with affirmations for new life.

- I have survived and am longing for something more.
- I am not paralyzed, I am stuck.
- I am defined by my next step, not my last step.

Beginnings and endings find depth when shared with people who believe in renewal and who practice support and action. Also, new thoughts and ideas enable change. Where can you gather to find your hope and promise? What new thoughts can open different results?

-- Susan

BURIED IN TREASURES WORKSHOP

The Buried in Treasures Workshop is for people who lose sleep over their houses and feel at loose ends with themselves because of clutter. For 12 weeks, learn with others who are also overwhelmed. Learn more here or contact Susan at 615.477.9795. The workshop begins Monday, January 28, 2019, in Nashville, TN.
In *The Year of No Clutter*, Eve Shaub determined to make order of her “hell room”, the upstairs room that became the dead-end space for things that did not have homes in other parts of the house, or things that are too good to get rid of, but not good enough to hang or use or wear. Tackling a dead-end space takes resolve, a companion, and time. Here are some characteristics of dead-end spaces.

- A scary room that has become the place where things are put out of the way during “stash and dash”
- Things inherited or accumulated by impulse that represent deep memories of affection or regret
- Out of date work- or school-related papers/files/books
- A place of least resistance (put it in the special room for now) or greatest resistance (delaying decisions)
- Usually avoided unless there is a hunt for a specific item
- Brunt of jokes and family banter

Susan will highlight a Nashville-area client’s work in a dead-end space over 6 to 8 sessions. The problem, prognosis, and progress will be documented in this newsletter. In return, Susan will give a 40% discount on the work in the designated space. Please send Susan pictures of your space, a written description, and your desire to be chosen. I will make a selection by January 31 and work will begin in February.
Dear Susan,

Every year for the past 5, I have made the same New Year’s Resolution: Get rid of the clutter in my house. One year I started doing Fly Lady. Her daily emails and pep talks overwhelmed me. Another year I did the “40 bags in 40 days” approach. Even though I saw it through, I didn’t see improvement and discouragement took over. My friend organized the space and it looked great -- for 2 weeks. I can’t give up because things are getting worse, but I’m overwhelmed. What can change?

Hey Tired,

Give up on New Year’s Resolutions but not your resolve! Look at your actions through endings, not beginnings. End things that are not in accord with what you want to begin. End expectations of what a clean house looks like and focus on things in your house that you like. End thinking about your clutter and think about your life’s enrichment. End buying organizing books, boxes and programs and find something in your house you can use to organize something else. Catch negative self-talk and replace it with a grounded affirmation. If you can’t find your way to ending one action or thought, at least learn to identify it as counter-active to what you want. From there, pause and think before you act next. When you have learned what works against you, you become ready to fill that space with something that works for you. Then you can add again tools like an organizer or program.

-- Encouragingly yours, Susan

Decluttering Jenga is a monthly program of the Hermitage Library about releasing clutter. Meeting is each fourth Tuesday, from 6:45 – 7:45 pm.

Leave the Paper Management Workshop with a basic system for sorting, filing and retrieving personal or business papers of importance.

The Dammed Clutter Retreat shows how clutter becomes dammed up, that the dam will safely hold, and that you control the spillway to release clutter.

The Couples in Clutter Workshop is for any two people who struggle because of different clutter/neatness expectations. Explore these differences and begin a new conversation that opens understanding instead of stand-still or conflict.

Leader: Susan Gardner, Mdiv, CPO-CD

More information and registration is here.