

declutter to make room for a better life

Thank you for purchasing “Declutter to Make Room for a Better Life” and taking the first step on your decluttering journey! I'm super excited that you have decided to invest in yourself with this guide. Ahead you will find simple ideas to help you take steps in the direction of your better life, all by tapping into the power of decluttering. If you aren't yet hooked on being organized, it is my hope that this download gives you the fever.

My name is Aby Garvey. I'm a professional organizer and the founder and co-owner of simplify 101, a website that specializes in online organizing workshops. simplify 101's mission is to help you get organized, so you can make room for a better life.

As you can imagine, given what I do for a living, I love to organize and declutter. But there are certain times of the year when I instinctively get the itch to do it even more. I get an insatiable urge to create order (and, in turn, joy) during spring cleaning season, back-to-school time and right after the holidays, from December 26 through most of January.

The month of January is also, quite conveniently, when I like to take a look at where I am in my life and make sure that my feet are still pointed in the best direction for me. Some people call this January tradition “setting New Year's resolutions,” but for me, it's all about checking in with my current goals, and thoughtfully considering the year ahead. What would I like to accomplish personally and professionally? Where would I like to be 12 months from now? I translate my answers into my goals for the upcoming year.

In January 2011, I realized the incredible power of combining these activities—intentionally deciding what I want my future to look like and decluttering to support it. Letting go of old stuff to create space for the new things I wanted to create in my life was extremely empowering. The process made me connect more fully to my goals, and it made decluttering more purposeful. I loved the process so much that I wanted to share it with others, and that's what this download is all about. On the pages ahead, I'll show you how to tap into the power of decluttering so you can create room for your best life.

This is a sample of the *Declutter to Make Room for a Better Life* mini guide.