



# June Saruwatari

Author. Expert. Life Strategist. *June*  
truth.love.meaning.purpose.






# Case Study 1

Simplify. Declutter. Organize.





# Situation/Challenge:

- An older couple married for nearly ten years had accumulated lots of items from previous relationships, as well as many inherited family heirlooms. Together they had rented three giant garage-size storage units to house the stuff they didn't want to deal with and had a great deal of clutter in their home as well. Finally, one day they decided enough was enough. They hated coming home at night, because the foyer was always cluttered up, the mail was piling up on their countertops, and their home office was always a mess. They didn't enjoy entertaining because they always had to clean up in a hurry to get ready for guests. They also decided that they didn't want to pay any more money to maintain their storage units, which cost them over \$10,000 a year.
- I had been working with the wife for several years, so she was completely on board with the philosophy and the spiritual principles of TruthLoveMeaningPurpose.
- How do we help her husband value clear spaces as a way of life? How do we help them both let go of their past, especially the memorabilia from past relationships, so that their new relationship could blossom and be born anew in their home?



# Solution:

- First, I listened to the wife's concerns. I coached her on how to successfully talk to her husband about the most positive intended outcomes that could result if he let go of his stuff. For instance, letting go of all the fine china, linens, and decorative items from his first failed marriage (and the attached disappointment) might help him create space to believe in a long-lasting marriage with his current wife, filled with hope and faith. Letting go of some of his past work products attached to his past business successes might help create space for a different kind of success in his new business.
- I worked with the two of them together, modeling how they could help each other successfully let go of their stuff. With every single box and item they let go of, I applauded and cheered them along, until they reached the most positive outcome they envisioned—finally letting go of the three giant storage units. We hired a professional shredder to shred more than sixty boxes of paper, hired a scanning company to come out to scan the remaining paperwork, and figured out a solution for the boxes of photo memorabilia and music CDs.
- We continued to organize the “stuff” they decided to keep, so that their home space could be the sanctuary they craved—a haven from the businesses they were so actively involved in every day.
- Now both the husband and wife crave clear, open spaces on their countertops and at their doorways. Their bed is always made. Their home office is always clear. And their systems are in place so they can fully process their incoming mail and freely pursue their passions and hobbies in their home office.
- They are now feeling successful, happy, and alive—and excited to come home after a busy day at the office. They can now enjoy each other's company without the overwhelming feeling that they still have more stuff to go through in their storage units or their home. They now use the TruthLoveMeaningPurpose criteria together to figure out if something truly belongs in their merged life together, and it is helping them make choices that honor their individual spirits as well as their merged life and relationship.



# Case Study 2

Productivity. Time Management. Priorities.





# Situation/Challenge:

- A busy executive was wasting valuable time looking for important client documents amidst the paperwork strewn all over his desk. He found himself regularly interrupted every fifteen minutes by the associates he was managing. And he was not able to spend the time he needed to manage his firm and mentor his associates so he would not have to do the work himself.



# Solution:

- I had to convince him that spending even twenty hours setting up valuable systems to help him delegate the work would save him forty hours in the long run. Once he understood this possibility, I worked with him to schedule regular times to close his door and communicate to associates that he was not to be disturbed during certain hours. In this way, he was teaching those associates to treat him like the powerful executive he already was—allowing him to set the rules and create clear boundaries for his time.
- Dedicating special time at the beginning and the end of the work day to clear his desk was just the beginning of his taking full control of his desk and space. I explained to him that no one was making him do anything, and if he were to master his spaces, he must take charge of his time, his most precious commodity. We created systems for the paperwork flowing in and out, and systems to delegate handling the important paperwork to his assistants and associates.
- Dedicating two hours every week to schedule his calendar gave him the time he needed to be proactive. He regularly set aside time to be the leader and manager of his firm, even scheduling one hour a week to set goals and clarify his vision for his firm. After all, I explained to him, his company had hired him to lead the company and didn't want him to be inundated with administrative work.
- He is now using TruthLoveMeaningPurpose to evaluate everything—from the time blocks on his calendar, to the relationships he is forging at work, to networking events, to the amount of time to meet with colleagues and associates. The criteria has actually simplified his choices, and he can make decisions more readily, easily, and joyfully, knowing he is living his life “on purpose.”



# Case Study 3

Fashion. Style. Image.







# Situation/Challenge:

- A single mother and entrepreneur was spending a great deal of time searching for the perfect outfit for her business meetings, but had no time or space to get ready in the morning and help her kids get ready for school. Her only criteria for what she put on in the morning were what was easiest to put on (i.e., sweat outfits) and what was clean. However, this style choice was not helping her get more clients, and her son was embarrassed to have her drop him off at school while the other mothers were more fashionably dressed.



# Solution:

- I listened to her concerns, particularly how she didn't want her life to become about “fashion, style, and image,” and that her priority was to be a great mother and create a great life for her and her son. I explained that it was just as easy to get up in the morning and put on something fabulous (in her eyes) than it was to put on sweats.
- The key was to create a wardrobe that would honor her unique fashion sense and style preferences. In order to do this, she needed to declutter any preconceived notions of what being stylish and fashionable was—and just be stylish and fashionable in her own unique way.
- Style and fashion include what you wear on the inside and the outside. To help her identify her unique style, I had her cut out photos of what she loved. Then we did a creative visualization of how she envisioned one day of her life flowing, where she was feeling great about her life, her style choices, and being a mom and entrepreneur.
- Once she was clear about her TruthLoveMeaningPurpose for herself and her fashion preferences, it became easy to let go of the outfits, clothes, shoes, accessories, and jewelry that didn't fit in with her “ideal vision.” Once she did this, getting ready in the morning became a breeze. Everything in the closet fit, was comfortable, and made her feel like a million bucks.
- We also took photos of the outfits we put together and put them into her own “Lookbook,” so in a pinch, she could be ready for an important business meeting, parent-teacher conference, or even a movie date with potential suitors. Her son, by the way, was now proud to introduce his mother to his friends!



# Case Study 4

Success. Happiness. A Life of Love.





# Situation/Challenge:

- An extremely successful CEO was unhappy at his company and was not enjoying going to work, even though he had helped to build the company himself and the money was pouring in. He found it a struggle to get up in the morning and find passion for the business he had successfully built. This unhappiness affected all of the relationships in his life. He did not realize that he was in fact deeply depressed and was facing a mid-life crisis, as he wondered what all the hype was about being successful. The fancy cars, working in a high-rise in a major metropolitan city, meeting with high-end investors, and even dating top models were not fulfilling him.



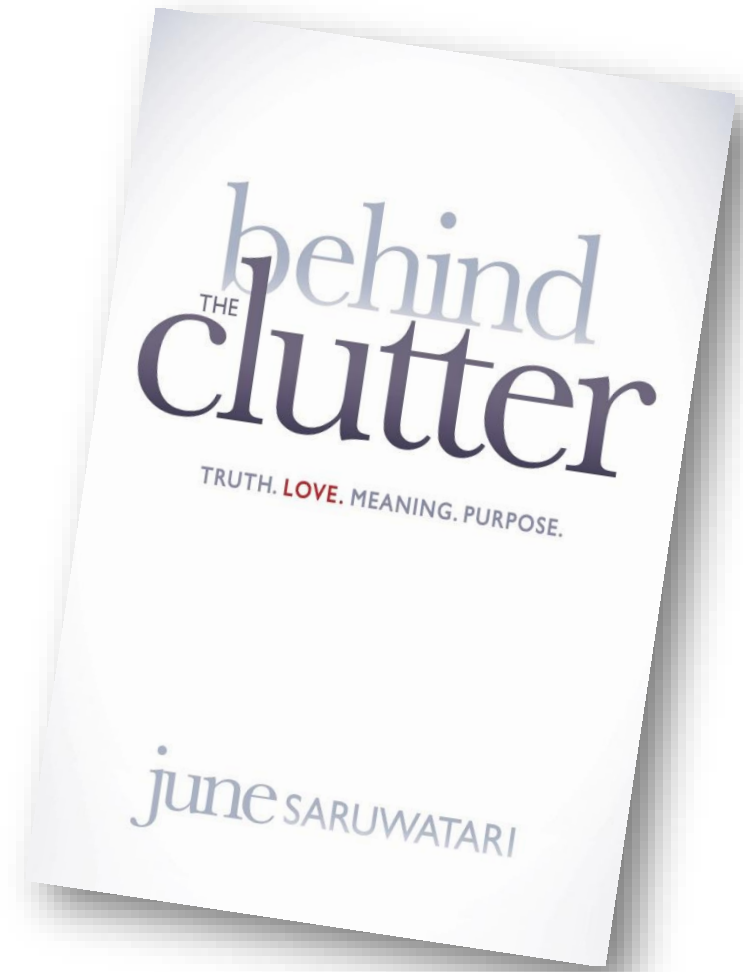
# Solution:

- The first thing we did was a creative visualization exercise where we cleared all the spaces in his heart and mind of any past, preconceived notions of what success meant to him.
- We got down to the TruthLoveMeaningPurpose for every aspect of his life. We documented and discussed his ideal vision for everything from his job/role/position at his company, his relationships, his lifestyle, and what would bring him true joy from within.
- His homework assignment was to declare a moratorium on nearly every voluntary commitment in his life, including his time commitments and his input from the outside world in the form of watching television, reading newspapers, Internet browsing, tweeting, and even dating. I encouraged him to go on a health cleanse and fast and to do different forms of non-strenuous exercise such as walking and yoga, as opposed to his typical fitness approach of pushing harder and faster. In this way, he was able to “clear the slate” of the life he had built for just a few weeks, which gave him the clarity and renewal he needed to discern what truly belonged in his life.
- Once he realized what success meant to him—without checking in with anybody or anything else but his inner compass—it actually became much easier for him to say YES to those opportunities, experiences, and encounters that would fulfill him from the inside out. He was then able to say NO to those business deals, relationships, partnerships, and experiences that he knew would be empty propositions for him.
- Slowly, day by day, he started feeling better and better, and this “decluttering” caused his preconceived notions of happiness/success/love to wither away and be replaced by true love, true success, and true happiness in his life.
- Now he uses the criteria of TruthLoveMeaningPurpose in his life to immediately discern whether an experience, thing, or person is serving his idea of what success, happiness, and love mean to him.



# ABOUT JUNE

June Saruwatari is a lifestyle, business, & relationship coach, productivity & organizing consultant, inspirational speaker, and founder of The Organizing Maniac™. For nearly twenty years, her transformational approach of TruthLoveMeaningPurpose™ has helped hundreds of people declutter their minds, hearts, spaces, and stuff to create lives and businesses they love! The co-host of TLC's first season of Home Made Simple, June has appeared on The Nate Berkus Show and has contributed to publications such as Woman's Day, 31 Words to Create an Organized Life, and Practically Posh.





## CONTACT

Ida Yenney  
IdaYenney@gmail.com  
818-419-0516

Sandy Peddicord  
Sandy@trendsidepr.com  
515-554-6934