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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?



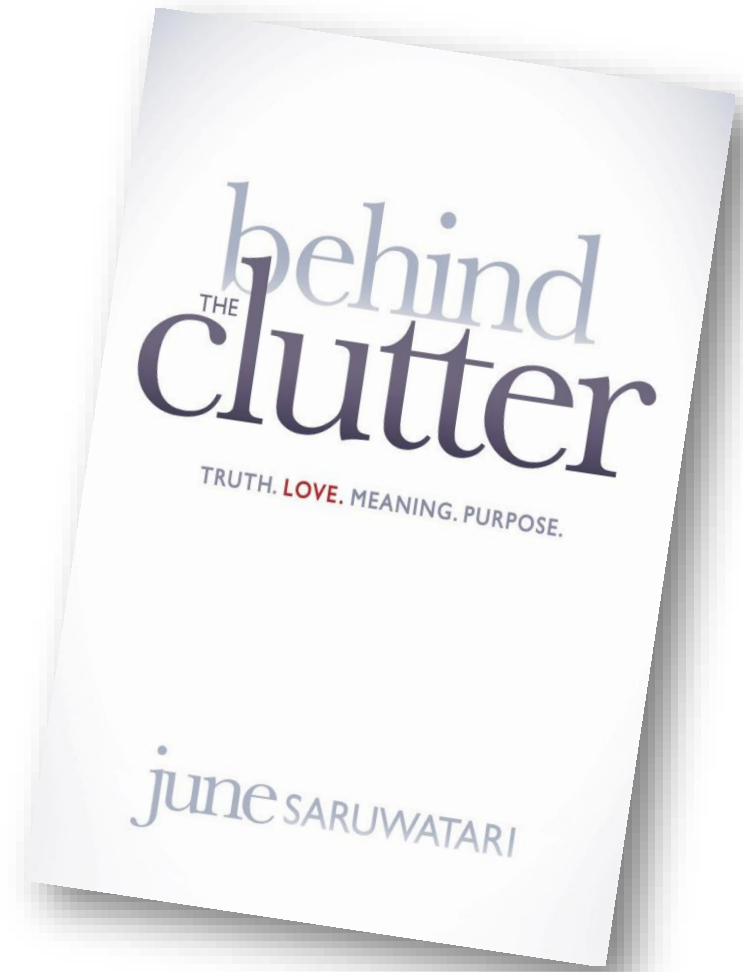
Solution:

- 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.



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.





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