

MINDMAP

Declutter Your Way to Greater Success and Happiness How to Get More By Doing With Less

Introduction

Most people are playing a LOSING GAME (to quote Tyler Durden from “Fight Club”): they buy stuff they don’t need with money they don’t have to impress people they don’t even like...

We equate HAVING STUFF with living WORTHY LIVES

We confuse PRICE with VALUE

We live our lives based on what is EXPECTED of us instead of what we actually WANT for ourselves

Too many people live their lives based on VALUES they uncritically and unthinkingly ‘copied and pasted’ from others

The end result?

We are OVER MEDICATED, MAXED OUT on our credit cards, OVER STRESSED.... and we’re no closer to being CONTENT.

We live CLUTTERED lives and we don’t even know it.

The DANGER of CLUTTERED LIVING

- Most people so stressed they are not as EFFECTIVE as they could be
- Most people so stressed they are not as HAPPY AND CONTENT as they could be
 - * Mental clutter
 - * Physical clutter leads to mental clutter and the other way around
 - * Toxic feedback loop
- Don’t poison your relationships due to toxic clutter
- Stop stressing yourself out

You CAN do something about Clutter

- * This is not theoretical
- * You can get Measurable results
- * Why do you need to do this?
 - Be more content
 - Be more effective
 - Enjoy more enriching relationships
 - Learn to focus on what truly is important

- Enjoy a life of FREEDOM

Your 8 Step Plan for a Less Cluttered life (an overview)

Step 1: Get Clear

Step 2: Start with what you can see

Step 3: Get rid of EMOTIONAL CLUTTER

Step 4: Get rid of PSYCHOLOGICAL clutter

Step 5: Get rid of CAREER CLUTTER

Step 6: Enjoy More With Less

Step 7: Learn the Art of CONTENTMENT

Get Clear (ie., personal strategy for less clutter - ‘we spend money we don’t have on stuff we don’t need to impress people we don’t even like!’)

5 Signs you are living a cluttered live

- Angst
- Anxiety
- Need more, more, more
- It is never enough
- Worried about getting more or losing it all

Figure out what truly is important to you

Do a values audit

Do a values DETOX

Start with what you can see (possessions)

* Begin with a game plan (begin with what are you trying to achieve/ are you going to stick to it)

* Commit to a change in your PERSONAL ACQUISITION PATTERNS (why/what/how/how much/etc)

* DO IT: 80/20 rule / Getting rid of the right stuff

* Don’t do it again / remember your strategy

* Be THOROUGH

- Go past status symbols

- Look at ALL your acquisitions (these can also be non-material: attitudes / mental trends / mental clutter / mindsets)

Get rid of Emotional Clutter

* Change emotionally stressing habits (ie., social media: stressed by the ‘perfect lives’ of others) – dial down or eliminate

* Watch what you FEED your emotions

- Stop these 5 Toxic emotional habits

* constantly comparing yourself to others

- * drawing emotional rewards from material possessions
- * automatically assuming high price means high value
- * focusing on 'extracting' the good things people have going on instead of seeing them as COMPLETE people
- * sponging emotionally off people (stoking common pet peeves / group think / cheap forms of emotional bonding)

- Let go of TOXIC PEOPLE

* 5 Personality types you need to minimize in your life : the black hole / the judge / the stylish hoarder / the gossip / the troll (feeds your insecurities)

Get rid of Psychological Clutter

* Watch what you feed your head (shallow forms of entertainment / ideas that make you less content / toxic emotions / time wasters)

Seek and destroy anti-affirmations

* 5 negative self-talk 'scripts' you need to NEUTRALIZE (kill your self-esteem / make you insecure / make you less effective / create confusion / make you mentally lazy)

How to craft affirmations that actually work

- Go beyond the basic and shallow
- Must be custom-tailored to how you actually think

Get rid of Career Clutter

Love what you do

- Find passion in what you are doing ... it's easier than you think
- Unlock the power of gamification
- Get a sideline going to keep things fresh with your main 9 to 5

Finding the courage to let go

- Ease into it
- Build up a nest egg
- Set a date when you will take that leap... and stick to it

Unleashing the power of passive online income

- Digital nomad lifestyle
- Little streams add up to a lot

Learn to Enjoy more with Less

Strip down the things you enjoy

- People
- Activities
- Things

Rediscovering the essence of enjoyment

- What can you appreciate DAILY?

- You don't have to lose it to miss it
- How can this enjoyment enrich the rest of your life?

Whatever you do...

- Remember to make great memories

The Power of memories

- Willful remembrance
- Adjusting your filter
- Conscious filtering

Learn the Art of Contentment

There IS such a thing as ENOUGH

Emotional contentment

Psychological contentment

Spiritual contentment

Letting go of attachment

- Cutting through false assumptions regarding security / confidence / pride

You need to overcome these

- being content = being a loser
- being content = getting left behind
- being content = lowering your standards

Learn to Live life as an ADVENTURE

Gamify your life

Tap into your sense of curiosity

Embracing uncertainty

Welcoming calculated risk

Opening your heart and mind to WHAT IS, WHAT CAN BE, and ACCEPTANCE

The Bottom Line

- * Take action now
- * Plan it right
- * Consistency versus one time big time mindset