

CLEARING THE CLUTTER

Create Space for What Lights You Up

Not everything we accumulate deserves permanent space in our lives.

**Healing Hearts Medium
Created by Theresa**

Clear the Clutter • Resource #01

A Note From Theresa: What Are You Carrying?

Clearing the clutter is something I have to do often in **all areas of my life**.

And I'm not just talking about keeping our homes clean.

Clutter is everywhere. It can be what's accumulating in our cars, what's covering our desks, the drawer we don't want to open, or the closet we've been avoiding.

But clutter can also be what we're carrying around **inside of us**.

- Old thoughts.
- Old stories.
- Things someone said years ago that we continue replaying.
- Worries we keep recycling.
- Responsibilities that may not really be ours.
- Things we've been meaning to deal with but keep pushing aside.

Sometimes we become so accustomed to carrying all of it that we don't even realize how much space it's taking up.

That's why clearing the clutter, for me, isn't something you do once.

It's maintenance.

Just like our homes continue collecting things, our minds do too.

Every once in a while, I think we need to look around - not only at our house, but at our entire life - and ask:

What am I carrying that I don't need anymore?

Maybe it's something in your closet. Maybe it's what's covering your desk. Maybe your car has become chaotic.

And maybe there's an old thought you've been carrying around for twenty years that deserves to be cleared out too.

Not everything we accumulate deserves permanent space in our lives.

**With love,
Theresa
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1. What Is Clutter?

Many people think clutter is simply too much stuff. But clutter can take up physical, mental, emotional, digital, relational, and even calendar space.

- Unfinished projects
- Negative or repetitive thoughts
- Emotional baggage
- Relationships that continually drain us

- Overcommitment
- Digital overload
- Physical possessions we no longer use

Clutter is anything taking up space without adding enough value to the life you are creating.

This doesn't mean everything must be useful or minimalist. A sentimental object can have enormous value. The point is to become intentional about what deserves your space.

Reflection: Where Does Life Feel Heavy?

What feels heavy in my life right now?

What am I holding onto that no longer serves me?

Where do I feel most overwhelmed?

2. How Clutter Can Affect Your Energy

For me, clearing clutter is connected to energy because our surroundings can affect how we feel and how easily we focus.

A visually crowded or disorganized space may contribute to stress, mental fatigue, procrastination, lack of motivation, or difficulty concentrating.

Clearing even a small area can create a sense of movement and make room for peace, creativity, and inspiration.

You don't need to clean your whole life in one day. Start where your eyes keep landing.

Exercise: Read the Room

Choose one room in your home. Before changing anything, stand in the doorway and notice how you feel.

- What catches my attention first?
- What area feels calm?
- What area feels unfinished or heavy?
- What is one thing I could change in 15 minutes?

3. Clearing Physical Clutter

Physical clutter is often the easiest place to begin because we can see it.

Start small:

- One drawer
- One shelf
- One closet section
- One corner
- One bag
- One area of your car
- One section of your desk

For each item, ask:

- Do I use it?
- Do I love it?
- Does it have meaningful value to me?
- Does it support the life I'm creating?
- Am I keeping it because I want it - or because I feel guilty letting it go?

Action step: Choose 10 items this week to donate, recycle, relocate, or discard responsibly.

4. Emotional Clutter

Emotional clutter can weigh on us even when no one else can see it.

It may include resentment, regret, guilt, fear, old disappointments, unresolved conversations, or stories about ourselves that we continue carrying.

Clearing emotional clutter does not mean pretending something never happened. Sometimes it means acknowledging it, deciding what still needs attention, and choosing what you no longer want to keep feeding.

Sometimes we aren't holding onto the object or the moment. We're holding onto the story attached to it.

If emotional material feels overwhelming or relates to significant trauma, it can be appropriate to work with a qualified mental-health professional rather than trying to force yourself through it alone.

5. Mental Clutter

A busy mind can be exhausting. Mental clutter often comes from overthinking, worry, information overload, unfinished decisions, and constant multitasking.

Simple practices that may help include:

- Write down everything currently taking up mental space.
- Choose the three things that actually need your attention today.
- Meditate or spend a few minutes following your breath.
- Take a walk or spend time in nature.
- Finish, schedule, delegate, or consciously release one lingering task.

Your mind does not need to hold every reminder at the same time.

Brain Dump

Write down whatever is taking up mental space. Don't organize it yet - just get it out of your head.

6. Digital Clutter

Many of us carry clutter in our pockets every day.

- Thousands of photos and screenshots
- Unread emails
- Excessive notifications
- Unused apps
- Downloads we no longer need
- Social-media overload
- Tabs and files we keep meaning to organize

Choose one digital area rather than trying to overhaul everything.

Try 15 minutes of digital clearing, then stop. Small maintenance is easier to repeat than an exhausting purge.

7. Relationship Clutter

Not every relationship is meant to remain exactly as it has always been.

This section is about awareness rather than judgment. Relationships are complex, and 'clearing' does not automatically mean cutting someone out of your life.

It might mean having a conversation, changing an expectation, setting a boundary, spending less time in a certain dynamic, or recognizing that a relationship has changed.

Who supports my growth?

Which relationships regularly leave me depleted?

Where do I need a clearer boundary?

8. Schedule Clutter

Sometimes the clutter isn't in our house. It's in our calendar.

A schedule can become crowded with obligations we accepted automatically, things we have outgrown, and too little room for rest or what actually matters to us.

Before saying yes, consider asking:

- Do I actually want to do this?
- Do I realistically have the time and energy?
- What will I have to say no to if I say yes to this?
- Does this belong in the life I'm trying to create?

Your time is also a space. Be intentional about what you put inside it.

9. Creating Sacred Space

Once you clear something, you don't have to immediately fill the empty space.

Let it breathe.

Then, if you want, intentionally add things that support how you want to feel:

- Fresh flowers or something from nature
- Candles
- Meaningful photographs
- Crystals
- Inspirational or favorite books
- Comfortable seating
- A journal
- Nothing at all - open space can be beautiful too

Sacred space does not need to look spiritual. It simply needs to feel supportive to you.

10. Maintaining a Clutter-Clearing Life

Clutter clearing is not a one-time event. It is an ongoing practice of choosing what deserves your **time, energy, attention, and space**.

I have to return to it often in my own life. That is normal.

Instead of waiting until everything feels overwhelming, create small maintenance habits:

- Five minutes before bed to reset one space.
- Clear your car once a week.

- Deal with one piece of paper instead of creating another pile.
- Delete or organize a few digital items while waiting somewhere.
- Review your calendar before automatically adding another commitment.
- Notice an old thought when it returns and ask whether you still want to carry it.

11. The One-Area Reset

When everything feels cluttered, do not begin everywhere.

Choose **one**.

One drawer. One thought. One conversation. One task. One corner of your car. One stack of papers.

Notice it → Decide what still belongs → Release what doesn't → Create space → Maintain it.

12. Your Clutter-Free Commitment

Finish these statements:

I am ready to release...

I want to protect...

I want to make more room for...

The first physical space I will clear is...

The first mental or emotional thing I want to address is...

One commitment I can remove or reconsider is...

A 7-Day Clear the Clutter Challenge

Day	Focus
Day 1	Clear one drawer or shelf.
Day 2	Remove 10 things you no longer need.
Day 3	Spend 15 minutes clearing your car, desk, or purse.
Day 4	Do a brain dump and choose three priorities.
Day 5	Clear one area of digital clutter.
Day 6	Review one commitment, boundary, or relationship dynamic.
Day 7	Create one small space that feels peaceful and supportive.

A Final Thought From Theresa

When we clear the clutter, we create room for possibility.

We make space for peace, creativity, joy, connection, and growth.

For me, this is not about having a perfect house, a perfectly organized car, an empty inbox, or a mind that never gets overwhelmed.

It's about checking in regularly and asking, **“What am I carrying, and does it still deserve space in my life?”**

Sometimes the most powerful transformation begins by simply letting go of what no longer belongs.

Clear a little space. Then notice what begins to light you up.

**With love,
Theresa**

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This guide is for educational and personal-reflection purposes. Emotional and relationship concerns can be complex; seek appropriate professional support when needed.