

Unburdened Life

lighten your load

Hey ,

Have you ever made a big change in your life, thinking it would fix a whole host of problems?

Forgive the lack of attribution here, but I remember reading an article by a woman who'd stopped drinking. She was surprised to discover that a lot of things she'd blamed on wine were decidedly NOT wine's fault.

In the land of cause and effect, it can be tricky to see the connections. So we make them up!

Because we're humans and we have giant brains, and if you're not curing cancer or writing an award-winning screenplay you've got to use that gray matter for *something*.

I've seen a lot of people slip into this when it comes to clutter. They blame their lack of time, or their scattered brains, or assume they're naturally disorganized.

I'm not saying none of that is real, I'm simply suggesting that we don't always have to seek the root of the problem to fix it.

In our recent Messy Mac Makeover program, we asked the class what was standing in the way of them having an organized digital life. One word that came up several times? Patience.

Now, I've never been accused of being patient. And technology can strain your fortitude like nothing else. But my determination to build my own websites and use available tools has forced me to take *many* deep breaths.

And watch approximately two million Youtube tutorials.

Are the new skills accompanied by language that would make a bartender do a double-take? Yes, they are. But a little cursing never hurt anyone.

What I'm getting at is this: you can do things that don't come easily to you.

It takes a little patience and a little diligence. But whatever reason you've given yourself for being unable to fix that thing that's making you crazy? Let it go. It's not helping.

Instead, ask for help! For example, **if your inbox is causing you to hyperventilate**, let Bobby and I teach you how to get it managed. It's not hard, and you're totally capable. I swear! We start the Email All Stars course in just a couple of weeks.

[Sign up now and get this little problem taken care of FOR GOOD.](#)

xo,
Julia

p.s. While I was noodling around on Youtube I found a video titled 'Brutally SPAM someone's phone or email for free. No download required.' It's been up for THREE YEARS and has 950 THOUSAND VIEWS. I tell you, it can be hard to stay optimistic in this world of ours. 😊

This email is done making excuses! Forward it to your favorite procrastinator.

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Julia Williamson is a decluttering virtuoso who uses humor, gentle interrogation and solid nudging to help her clients and friends pare down their possessions.

Why? Because life is easier when we own the right amount of stuff.

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