

Hey %FIRSTNAME%,

If you're feeling overwhelmed by the very idea of tackling your clutter, it's nearly impossible to get started. You may find yourself inventing excuses to get out of it. Must start that meditation practice today! Time to sweep the driveway!

But I'm here to tell you that you can make serious headway on your clutter in about as much time as the commercial breaks on your favorite crime drama.

Here, for example, are a few things you can accomplish in less than 15 minutes:

1. Scarf down three pieces of less-than-gourmet pizza.
2. Scan Netflix for something you haven't watched yet, then give up.
3. Nag your kid to empty the dishwasher, then wish you'd just done it yourself.
4. Complete a significant, if small, decluttering project.

I don't know about you, but I'd vote for #4.

Here's what I want you to do. Pick a small area that needs decluttering or tidying up. I mean SMALL. The silverware drawer. A single bookshelf. Your sock drawer.

Need help determining what to do? [Here's something I created to help give you a jumpstart](#). It's a weekly text - every Sunday I'll send you a quick text with a 15 minute decluttering project.

Turn on your favorite playlist, podcast, reality tv show. Or just tune in to your own internal dialogue.

Empty the drawer or shelf or whatever, wipe it clean, and put back ONLY THOSE THINGS YOU USE AND/OR LOVE. That's it! Put any discards into the trash, recycling bin or donation box.

I know it's a small step, but you know what they say about a journey of a thousand miles? Of course you do. If you did this every single day, by the end of a month you'd see a major difference in your home. And likely your mental state.

Give it a try! Take before and after pictures, and send them to me so I can celebrate how amazing you are.

xo,
Julia

p.s. Here are three things I love about Sunday: No mail. Sleeping in. [Sunday texts](#).