

## Chapter 5:

# *Lighten Your Load to Feel in Charge of Your Life and Keep More of What You Make*

*Did you know your work and home environments can either propel you forward or weigh you down and hold you back? The ideas shared in this fifth chapter show you how decluttering your office and embracing conscious consumerism can actually increase your bottom line, improve your relationships and fuel you with unlimited energy. Choose just one of the three ideas I share and the pay-off to your performance (and your wallet!) will be huge.*

Tip 1

Get rid of what you no longer see.

**FIRST:** Books, cookbooks, magazines, greeting cards, junk mail, and the like. Check out those shelves, stacks, piles, drawers and boxes and you'll see what I mean.  
**NEXT:** 8-track tapes, VCR tapes, old phones, a fondue pot, and other outdated and possibly broken electric gear that might include handheld recorders, TVs, vacuums, and more.

**THIRD ON THIS LIST:** old trophies, faded and curled up photographs, textbooks and notebooks and artwork from your elementary school through college days (yes - you heard me - your school days, not your children's or grandchildren's!) - and other items you thought you were holding onto for sentimental reasons but really do not need

**FOURTH:** Anything you stuffed in a drawer or closet or under the bed or other piece of furniture that has so much dust on it, it would make you sneeze

**FIFTH:** Broken dishware, pottery, picture frames, and other items that you swore you would get fixed months or years ago but are still hanging around and more...

**SIXTH:** worn out socks, undershirts, hosiery, and shoes

**LAST:** old, moldy or past-dated items in your cupboards and pantry and in the back of your refrigerator

Tip 2

Donate, give away, or sell  
HALF or more of "something"

Tip 3

Do NOT buy any more  
single-use items.



and



For more details on each of these tips, reference the Workbook or listen to the audio recording for chapter five. Choose just one to focus on right now for the greatest possible impact.

Which tip will you choose to implement right now, and how and when will you experiment with it? Write down your ideas right here, right now: