

# CLEAR YOUR SPACE. CLEAR YOUR MIND.

## What to do with all the stuff that no longer brings you joy? A resource guide to help you *really* let go.

### MOVE IT OUT. LET IT GO. FEEL LIGHTER.

Create a landing place and process: The stuff I have thanked, goes from a big bag/box in the entryway, out to the trunk of my car, so that I can drop it at Goodwill next time I'm out. Remove these items from your home, garage and car as soon as possible. When you do, you will feel your energetic load lighten. **Make it as EASY for yourself as possible.**

### BEST & EASIEST OPTION: DONATE TO GOODWILL

**Get a big tax write-off. Let it go.**

*Here are some local options for those of you in the Sun Valley, ID area:*

- [The Attic](#) in Hailey supports domestic abuse survivors
  - they are always combing new arrivals to find items the families they support can use to set up new homes.
- [Barkin' Basement](#) in Hailey supports the Animal Shelter
- [The Gold Mine](#) in Ketchum supports the Community Library

### CLOTHING CONSIGNMENT

If you're more inclined to make a little money, you can take nicer items to consignment or sell them online. Make your appointment TODAY.

#### Clothing Consignment Stores

- There is an **online** consignment option called [Thredup](#)
- *Local to SV, ID:* [Dollhouse Consignment Boutique](#) in Hailey (women's and girl's clothing)--tell Lara you're taking my course when you make an appointment. She takes 30 (sometimes 60) items at once that are: clean, unwrinkled, in good shape. **It may be weeks before she has an opening.** There are three other consignment stores in Ketchum: [Consign Design](#), [Worth Repeating](#) & [Gold Mine Consign](#)

#### Host a Clothing Swap!

This is a fun gathering to have with your friends where everyone brings a bag of clothing they've purged and you all get to "shop." At the end, everything left goes to Goodwill. **Make sure you don't reacquire things that don't bring you joy.**

### BOOKS

Your local library is often thrilled to receive BOOKS that you are purging.

#### FOOD: Find your local food bank to donate unopened/recently expired items

- Local to SV, ID: [The Hunger Coalition](#)

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**Consider donating OFFICE and ART SUPPLIES to schools** (Below are local to SV, ID):

- [Syringa Mountain School \(info@syringamountainschool.com\)](mailto:info@syringamountainschool.com)
- [The Sage School \(info@thesageschool.org\)](mailto:info@thesageschool.org)

Both schools are relatively new and have small budgets.

Contact them to see if they have any need for items you're releasing.

## **FURNITURE CONSIGNMENT (also artwork, etc)**

- Furniture consignment generally works nicely because you can bring the item down immediately and have it out of your space (I always call first).
- Local Furniture Consignment Stores: [The Trader](#) in Bellevue, [My House Furnishings](#), [Worth Repeating](#), [Vault](#), and [Goldmine Consign](#) in Ketchum.

## **SELL YOUR ITEMS THROUGH A FACEBOOK GROUP, CRAIGSLIST OR EBAY**

### **BUT...**

These methods take longer and your stuff will continue to weigh you down until you have finally released it from your physical space. Ideally you put your stuff in a discard pile. You put it in your car. You take it to goodwill... in a short period of time.

The longer it sits there, the more likely it will stagnate and your family, your children, yourself, will reintegrate the stuff back into circulation. Then all your work is for naught.

If you think your family and friends might like some of the things you're getting rid of, feel free to tell them you're purging and ask them if they are looking for anything in particular.

## **BE SURE TO THANK YOUR ITEMS**

Be sure to thank your items to fully release them. This helps someone else feel the ability to have ownership of them and find joy in them and the items will sell more quickly.

## **DON'T FORGET TO:**

Take out the garbage! Make sure the stuff that goes into the garbage doesn't hang around your house very long. Move that old energy out!