UNSTUFF U®
with Andrew Mellen



10 Beliefs Blocking You From GETTING & STAYING ORGANIZED

ANDREW MELLEN

Whether or not you recognize it yet ... having too much stuff has a major impact on your life.



If you've ever felt overwhelmed, stressed out, or simply stuck ... that could be because of the clutter in your life.

That's why this little booklet is so helpful—it will help you identify things you may be doing (and saying to yourself) that are actually making things worse... and how to make it better—fast.

First of all, this is not your typical decluttering conversation.

It's not as simple as "just color code your closet and put all your stuff into containers."

Or "create decorative labels for all your things and get rid of anything that doesn't spark joy."

Because even if you manage to clean your home and organize your space to perfection, you'll still find yourself backsliding into the clutter and chaos again. You probably already have, right?

And that's because none of these quick-fix methods actually get to the root of the real problem.

All those other pro organizers focus on STUFF and fail to address what it actually takes to STAY ORGANIZED.

You've got to organize your MIND first—then your stuff falls into place.



"

This is about more than just getting organized and purging things, it's about understanding how your values align with those around you and how you can best honor these values to increase harmony, effectiveness and balance at work and home.

A very freeing experience and the outcomes are far greater than I expected.

Thank you, Andrew!

Angela Gaffney

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10 Most Common Beliefs That Keep People Stuck



So let's start by defining STUFF.

These days "stuff" comes in many forms—from cluttered closets to an abundance of unused kitchen items ... or maybe gifts that no longer serve you.

It might be a **collection of things in disrepair** that you keep thinking "someday" you'll fix, or endless digital files and paper piles that keep multiplying year after year.

Are you holding on to **stuff "just in case"** you might need it one day only to find it hogging space in your garage or basement, and crowding out stuff you actually DO use? Then, when you finally decide to go looking for it ... it's broken or you can't even find it!

Then there is **sentimental clutter**. You know ... those items that simply collect dust or get buried in the deep corners of your home because they're not really your taste or vibe, yet are still so hard to let go of emotionally.

Before you know it, the absolute worst sets in ...

YOU become clutter blind.

That's right—you stop actually seeing the clutter because it's now become a part of the landscape in your home.

Just like a cell phone left on too long, the clutter around you is slowly draining all your happiness and energy away.

So ... if stuff is currently kicking your butt, and you feel like you're at the end of your rope, you grabbed the right life preserver!

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I'm going to share with you ...

THE 10 MOST COMMON WAYS PEOPLE UNDERMINE THEIR BEST EFFORTS TO GET AND STAY ORGANIZED

What makes them so powerful (and effective) is that they all sound reasonable until you start to really look at them.

And just like the Wizard of Oz, with a new perspective, you will quickly see how un-scary they actually are when you pull back that curtain. And that is the beginning of changing your relationship with stuff for good.

You deserve to be free from digital, physical, and emotional clutter so you can focus on what's important in your life.

Once you develop a new mindset and combine that with the system I've created, you will never be cluttered again ... and you'll become truly unstoppable!

And look, I am about as NOT Pollyanna as they come, so this isn't some kumbaya bs.

I will never lie to you or blow smoke up your skirt and make something sound better than it is.

And I will also be your fiercest cheerleader and guide because **I believe in you *even if you don't yet have the same confidence.***



"You deserve to be free from digital, physical, and emotional clutter so you can focus on what's important in your life."

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Completely non-judgmental and with no BS. Even my therapist is amazed at my progress!

I was leery that anyone could help me breakthrough the mental and emotional blocks I've struggled with for years. The cost has been enormous—illness, lack of sleep, a marriage and possibly a promotion or two. From the first session with Andrew, I knew this was going to be different. Even my therapist is amazed at what I've accomplished in just 3 months with Andrew.

Phyllis Stockton

Together, you and I are about to embark on the biggest, baddest, and most significant journey of your life.

Because it's the journey BACK to your LIFE.

If you're honest with yourself, you'll see that at some point you checked out, right? You got overwhelmed. Shit happened, a lot of shit happened or you just fell asleep. It doesn't really matter right now.

What does matter is that *you hear me* when I say to you right now with love that **YOU ARE NOT HOPELESS**... and your situation isn't either.

You're not broken, damaged, or stupid. You weren't born missing the "organizing" gene—you were born just like everyone else—without clutter.

So it may take a bunch of work to dig you out, but it CAN be done. Because I've helped people just like you do it before.

And it doesn't require you to become a minimalist or spend thousands of dollars on matching acrylic containers, either.

All it requires is that you look at your MINDSET. Not so bad, eh?

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We're going to look at HOW you *THINK* ABOUT, *TALK* ABOUT, *FEEL* ABOUT, and *INTERACT* with ... STUFF.

And here's some good news ...

—the cavalry's here ... and it's actually **YOU**.

YOU are going to rescue yourself—*with my coaching and help*. And once you do that, you will NEVER need anyone's help (or permission) to get or stay organized again.

Let's be real.... No one is going to reach into your closet and help you dig out of that jumble except maybe a best friend who knows how frustrated you really are—I hope you have a bestie like that but please, you don't have to wait that long!

You can take charge of this today—really!

You will become the amazing, self-sufficient, totally-organized-know-where-everything-is badass that you were born to be. You will be in control of your life.

You will NO LONGER be stressed about stuff AND you'll have the tools you need to meet any OTHER KIND of STRESS when it crops up, too. Because you won't have been given a fish ... you will be the baddest fisherperson on the sea.

You'll even see how YOUR SKILLS can empower others to learn to fish, too ... and isn't that exactly what you want your spouse, your kids, your roommate, and your co-worker to pick up on?

Can you imagine a whole household who's made this shift? There's so much more space for LIFE together.

Let's start with the noise you've been filling your head with since... who knows how long.

These are just a few of your 200 lies*. Read on.

**According to studies by several different researchers, the average person lies 200 times per day!*

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10 Beliefs Blocking You From GETTING & STAYING ORGANIZED

01 YOU THINK YOU'RE BAD AT ORGANIZING AND IT'S REALLY HARD.

You believe you're somehow bad at organizing and that it's really hard—and because of that you think whatever might work for someone else simply won't work for you. This is a story you are telling yourself.

Here's what I know—in over 27+ years of working with over 500,000 people and businesses, including lots of people with ADHD and other neurodivergencies, **I have yet to meet someone who can't make progress ...** and even though I haven't met YOU yet, I feel confident that this applies to you, too.

If you keep an open mind and heart, our simple to learn and use Organizational Triangle® will help you succeed.



NEW BELIEF

Organizing is simple and everyone can learn it, including me.

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02 YOU DON'T TAKE ACTION BECAUSE YOU'RE BURNED OUT. AND YOU BELIEVE YOU'LL JUST BACKSLIDE AGAIN.

You've tried multiple times to get organized only to backslide into chaos again. Today you may be feeling burned out, embarrassed, or overwhelmed, and it's understandable that you would be hesitant to start again. So take a deep breath or 3, and reboot yourself. The key is to not surrender to past failure and allow it to define your present or future. You are better than that.

Staying organized requires a shift in thinking PLUS a proven system.

Thousands have transformed their lives with my method and it all starts by rejecting old thinking and past results and being just hopeful enough to try one more time. Even hoping against hope is enough to get you started down a new path.



NEW BELIEF

I just need the right method and then I, too, will stay organized.

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03 YOU CONTAINER-SHOP YOUR WAY OUT OF CLUTTER.

You've tried to shop your way out of clutter, thinking that if you buy the right containers, then everything will be easy to put away and find when you need it. **As much fun as shopping may be, that is the exact opposite of how to start.**

You've got to clear the clutter first. **Bringing more things into your space just creates more clutter**—even when they are containers and other things designed to help corral the mess. The container doesn't create the system—you do—with my help.

And the great thing is that you can use what you already have: Ziplock bags, totes, shoe boxes, or even boxes from the corner store—the container itself doesn't matter. Leveraging The Organizational Triangle® and putting "like with like" doesn't require any particular container. This simple system is easy, fun, interactive, and the fastest way to get organized for good.



NEW BELIEF

I will start with what I have and take action. Removing clutter is the first step, not buying the perfect container.

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04 YOU'RE UNREALISTIC ABOUT HOW LONG IT WILL TAKE TO DECLUTTER.

You may discount how long it took to accumulate the amount of clutter you currently have—and, at the same time, you may be unrealistic about how long it will actually take to declutter and organize what you have in front of you.

Look, if you have 15 years of accumulated stuff, it's not going to be sorted out in just 1 day. You have to be realistic about time and not let the story that "this will take forever" block you from moving forward and taking some action right now. It only feels like it will take forever, and that's because you're stuck in your head and you're scared.

We've all been there. The good news is that you're moments away from using a tested system AND getting a new mindset that will make it so much easier to break up your actions into do-able, bite-sized bits so you can quickly see progress and build momentum.



NEW BELIEF

It's going to take some time but not forever. I have the system I need to get this done in simple steps.

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05 YOU ARE FOCUSING ON WHY AND LOOKING FOR AN AHA.

You keep trying to figure out why things are the way they are in your life, hoping to unlock the secret cause of your current situation ... and also hoping that your "Aha!" moment will be the miracle solution to your clutter issues.

The problem with all of this thinking is that none of it moves a single piece of clutter. It's almost impossible to turn thoughts into action without some external energy or force. That's what Sir Isaac Newton found out when that apple fell on his head!

Asking yourself "WHY" may be a great question when you're looking for your motivation and what drives you. **However, you would actually be much better off shifting your focus to HOW** you are going to get into action and move forward.

Part of my process is sharing the behaviors and system that will set you up for long-term success and how to quickly implement them. Because your actions (along with your mindset) are the things you have control over—and **taking action is the fastest way to get unstuck**.



NEW BELIEF

I'm not going to overthink this. I'm going to take action.

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06 YOU SECOND GUESS YOURSELF.

(especially with sentimental items)

You may be someone who second-guesses yourself ... and as a result, never make a decision—especially where sentimental objects are involved.

Learning how to make clear, confident decisions about your stuff and your life without regret is one of the keys to setting yourself free.

Our system teaches you **the secret to letting items go without guilt so you feel relieved releasing them, not conflicted**. And we'll get clear on your non-negotiables, too—you know, those possessions you can't imagine letting go of now. Soon, you'll find releasing even them will be easy.



NEW BELIEF

I release things with no regret and focus instead on my freedom.

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07 YOU'RE WAITING FOR THE "RIGHT TIME."

Maybe you're telling yourself that you're totally committed to decluttering but it's just not the right time now.

Either the stars aren't aligned, or you're starting a new job, or you're moving, or you just got into a relationship ... or out of a relationship...

Look, when you're smart and creative, you can always find a perfectly reasonable explanation for why NOW is not a good time. The problem is that an explanation can quickly become an excuse, right? If you've downloaded this guide and were feeling excited about getting started, and only now are starting to get scared about stepping forward full throttle, just remember, this isn't a race. Going through your stuff can be an emotional journey, for sure.

The good news is you're not alone. And we always suggest that you move at your own pace—just that you actually do move! A body in motion stays in motion, so any step forward is a step in the right direction.



NEW BELIEF

Every step I take gets me closer to the finish line, even in a busy season.

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08 YOU'RE DELAYING BECAUSE SOME ITEMS EMOTIONALLY TRIGGER YOU.

You may be uncomfortable or worried about what might come up when you start going through your stuff. Dealing with personal items sometimes involves dealing with emotional triggers. And while this work can sometimes be intense, so are the rewards. And here's something else to consider—**hiding behind an emotional wall, afraid to face feelings that are stuffed deep down, is keeping you from the very thing your authentic self is craving—freedom**. It's brave to step through this door and face yourself.

And we've created an amazing community of people who have been right where you are now and made it through. This supportive, judgment-free space gives you plenty of room to participate and explore the emotions that may surface when you go through this process.



NEW BELIEF

Facing my emotions is healthy and necessary and brave. I can do it and set myself free.

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09 YOU'RE LETTING SHAME BLOCK YOU.

Maybe you are feeling shame around not being able to keep things perfectly organized. Maybe you haven't had anyone over in quite some time because of how you feel about the way your home looks today.

We're very good at beating up on ourselves, aren't we? And, at the same time, we would never let anyone else treat us or talk to us the way we often criticize ourselves. Shining a light onto these thoughts and turning them around takes practice.

Ultimately, the healing that is just ahead of you will not only change how you feel about your home but even more importantly, how you feel about yourself. And that is another key to your long-term happiness and success.



NEW BELIEF

Everyone eventually faces this and there is no shame in being real, especially in a safe community.

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10 YOU'RE WAITING FOR PERMISSION.

You're waiting for permission to live your life without apology. Someone, somewhere, sold you a story about yourself that wasn't very nice AND also wasn't true. But by now, whenever you're feeling vulnerable, exposed, or even the tiniest bit weak, that story shows up and repeats itself over and over again like a worn-out record playing in your head.

Here's the truth—this is your life to live and to live fully. You are here and you are entitled to be here ... completely. So, let's break that record and create a new story about all your amazing abilities and accomplishments. And let's start by acknowledging you downloaded this guide.

You went looking for information on how to make a positive change in your life, and now you are reading this. What would it feel like to take your life back and not only get control over the stuff all around you but to actually stand up for yourself as well?

Imagine how free you'll feel as you blossom into the remarkable and unique human being you actually are. That's what it feels like when YOU become your own biggest cheerleader.



NEW BELIEF

I don't need permission from anyone. I can and will take actions to better my life today.

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AND HERE'S A BONUS ONE FOR YOU!

11 YOU'RE MORE FOCUSED ON WHAT YOU ARE GIVING UP THAN WHAT YOU WILL GAIN.

Sadness over releasing a 20-year old sweatshirt is overriding the spaciousness and ease of an organized closet.

Look, I get it, change can be uncomfortable. As a matter of fact, sometimes just thinking about change can be paralyzing. And when we get scared, we tend to focus on what we might lose because we can't yet see all that we have to gain. But sticking with what's familiar because it feels safe is never going to get you where you want to go.

A wise woman once said, "inside every disappointment is the seed of an equal or greater opportunity," and when you think about it, you know that's been true for you, too. And when you look at it through that lens, suddenly the risk doesn't seem so big. And here's your escape hatch—you can always go back to your old way of doing things—if you want to.

Calculated risks and investing in yourself will always pay off. Whether that involves reading a book or attending classes and workshops.

The more you are willing to step outside of your comfort zone, the higher the return will be for you personally and for the overall quality of your life.

NEW BELIEF

Decluttering brings freedom. New patterns bring growth. This is my path to a more fulfilled life.

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Encouragement + Tough Love = New Habits for Happiness

Andrew Mellen has changed my life. He offers just the right combination of encouragement and tough love to help anyone find balance within the overwhelm of modern life and change habits that are holding you back from happiness.

Susan Piver

"



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Do you already *feel better* and want *more* of that goodness?



I know how scary it can be to admit defeat when you can't see a way out from where you are right now.

And, after almost 3 decades of doing this work with people from all walks of life on every continent, **I have yet to meet a single person who can't apply these tools and get some serious traction once they shift their mindset**.

The best way to keep your momentum rolling is with an easy next action:

Enroll in *Unstuff Your Mind*™, the first course specifically designed to fix a cluttered or disorganized mindset.

CHECKOUT *UNSTUFF YOUR MIND*™ NOW

This course is for anyone wanting an answer to decluttering mindset blocks like:

- Why do I always seem to backslide no matter what I try?
- What if I'm really attached to my stuff?
- What if I'm scared to get rid of something because I might need it someday?

And so much more.

I recently asked myself, "What's the main difference between students of mine who've 'created change," and students who've transformed their lives..."

And the answer that came to me was Mindset!

Because when you combine a winning mindset with the systems I've laid out for you, you become unstoppable ... and transformation is yours.

To help you develop that winning mindset, I've created ***Unstuff Your Mind***™. It's the first program of its kind!

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