

Exercise 3

*M*ake room—right now! Don't think about it, just:

- ❖ Delete ten emails from your inbox or “sent” file.
- ❖ Pick up ten pieces of paper, magazines, catalogues, junk mail, etc. and toss them in the recycle bin.
- ❖ Go to a bookshelf, any bookshelf, and straighten the books so they are in a row – no stacking—just lined up like at the library. Don't have a bookshelf? Go line up a shelf of canned goods so it looks like the market.
- ❖ Throw out the pickle-less jars of pickle juice in the frig.
- ❖ Set a timer for 1 minute. Start clearing. Don't sit down until the timer goes off. Still in the mood? Set the timer for another minute or get crazy and set it for five!

If you're on a tear, do all of the above, but if you're too busy right now to even do thirty seconds of clearing, I understand. Take time this week to do a little clearing. Try the following:

- ❖ Every time you get out of the car for the next week, take one thing with you and dispose of it properly.
- ❖ At your next meal, sit down and eat. No phone, no television, nothing but you and the food—well, if you want, invite your family—but no electronics!



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