**BYT: How to Declutter and Get Better Habits**

**Male Speaker:** Welcome to Build Your Tribe with your host, Chalene Johnson.

**Chalene Johnson:** Hey, there. Welcome to Build Your Tribe. My name is Chalene Johnson and this episode is about habits. Now, I do have two podcasts. One, that's called The Chalene Show and obviously, this one, Build Your Tribe and you might be surprised when you hear that today I’m going to be talking about habits and decluttering your home and getting organized on this episode or on this show versus the Chalene Show, but let me explain why.

I believe, this is my personal opinion through years and years and years of observation of people who are incredibly successful, who are balanced, who are calm, who have their stuff together, they're very organized. They've got exceptional habits and I believe many entrepreneurs are very creative people who are being held back by all the clutter and chaos that surrounds them.

I've also learned personally, as a former disaster area, as a person who used to just, "Oh, my God. What a mess?" Seriously. My car, my closet, you name it. I was so disorganized and so messy because I figured it took too much time to clean things up, I would do it later. I had a business to run. I had things to do. Opportunities to take advantage of. But I’ve learned that the more organized and the better my habits, the more successful my business has become. So, before you tune me out, let me tell you this episode is about getting your stuff together, decluttering your life and developing better habits. Off to the show.

Hi, guys. How are you? Thanks so much for jumping on. I am going to be talking about habits and all of us, every single one of us needs to eat healthier, exercise daily, be more productive, be more organized. We all need to save time. We all need to create routines that make us feel normal, like how awful does it feel when you're just out of your routine? Right, you know, like when you're on vacation or something and you're like, "Why am I so grumpy? Why am I in such a bad mood?" It’s because you're out of your routine.

We love routine. Routine is good. Routine makes us successful. Routine minimizes stress. Routine makes us feel at peace and safe and comfortable and all those other things. It also helps us to maintain things that helped us to become successful and there was nobody, no one more disorganized or messy – actually it was pretty organized, an organized person and that could get things done extremely productive.

But there's a difference between productive and organized, right. Like, so I’ll go head to head, toe to toe with anyone in terms of productivity. But I couldn't go there in terms of like not being messy. So, I have like a disastrous closet. I mean, I wouldn't let people take a ride in my car unless I could have like a thirty-minute warning to go clean it out, spray it down, hose it off and find a place for people to sit.

My bedroom, my closet was like mountains, mountains and mountains of clothes that I tried on thinking, "That look stupid. Oh, I hate that. I am going to look terrible in that. Oh I hate this." And just like I throw them all on the floor because I thought piles and piles and piles of shoes and clothes and shoes and clothes and shoes and clothes, because I thought, "Well, I’ve got to get dressed quickly and it takes too much time to rehang and fold these things and I have things to do." And I need to be productive. So, to put these things away would be a waste of time and I am productive. So, I will do this later.

Let's talk about the book called The Power of Habit. Exceptional book. The other book I want to talk to you about is called Smart Change. So I want to talk to you specifically about habits because habits can change your life. So, here's when I want to tell you a little story. In June, I had my social media accounts hacked and when that happened, it was incredibly scary. It was truly scary. Number one, because that's where I met you. Number two, this is where I make my livelihood. Number three, this is where I teach people how to do is how to build their reach and engagement using social media. Number four, I brought my business to a screaming halt because I couldn't run webinars, I couldn't do business, I couldn't do anything because I was hacked.

Not only that, it was like having a robber break into your home and then going to sleep that night knowing they were still in your house. Because when I got hacked, what we found out was that they had been in my inbox for who knows how long and that meant every single account including all of our financial accounts were all tied to my email address which they were in, which meant once I figured out that an account had been hacked, I would go to that account, I would change the password and they would get the notification at the same time that I would. So, they could easily stay in my account.

It was a nightmare and that process was so scary and so life-encompassing. It took over everything. I mean everything. They knew everything about me. They knew everything about my kids. They knew everything about everything and once I kind of got my feet into a few social media accounts and we thought we kind of lock them out, I made a big mistake and I kind of was like, "Oh yeah. Well, come at me bro. Oh you think you're like – I was like oh little hacker gamer. Little gamer hacker." And I said some things that the- by the way the FBI got involved and they told me not to do that and I was like, "I won't."

But I was like, "You little son of a- You little." And I kind of like put him on blast a little bit and I was really bad. You know why? Because if you're a person who fights fair, you don't want to fight with someone who doesn't fight fair and it got nasty and it got ugly and it got weird and it got scarier. The reason why I’m telling you that is because at that time, it got so scary that I had to stop going out in public and I had to stop doing all the things that were a regular part of my routine which included teaching my morning classes. Yeah, it was terrible.

So, I stopped teaching my morning classes. I stopped my regular routine at the advice of some of our experts who we are working with and that meant I was no longer teaching my morning classes. Now, the reason why that's relative to our conversation about habits is because so much of my healthy habits and my morning routine were tied to the way that I started my day. So, for nearly 20 years, I had started my day early in the morning by going to teach at an exercise class at like 5:30 AM, coming home and as I pulled into the driveway, that was my environmental trigger to make my daily brain dump which is kind of getting all of your thoughts down on paper quickly. It's a practice that I certainly didn't invent but I enjoyed practicing it and then creating a to-do list from that.

So, once I started sleeping in and staying home and working out here in my home and basically became a prisoner to my home, I couldn't figure out why I wasn't making a to-do list every day? I'm like, "This is a habit. What is wrong with me? This is what I teach. How come I can't do this? Why am I not making this habit happen?"

And I’m like, "Well, just force yourself."

And then I was like, "And every day I keep forgetting to do it."

And then I say to myself, "Well, maybe I just need to go downstairs and I’ll do it downstairs while Brett’s drinking coffee. Tomorrow okay. I would announce and I’d be like, okay. I have figured it out everybody. Now, what I’m going to do is I’m going to make my to-do list every morning the second I wake up." And I kind of would like announce it and then it wouldn't happen.

Well, what I didn't realize is that habits require more than just the act of doing something. Because there are things you can do all the time and they do become very instinctual until you're out of that environment. What we know about a habit is that is more than just repeating something for thirty days. It is more than just willpower and determination. Here's what is required to create a habit. Write this down.

So, the first thing is your environment is the first thing that's important when it comes to a habit. It's one of the easiest ways to solidify a habit. The second thing is what we call a trigger. So, when I was driving home every day from teaching my fitness classes, the environment was my car. The car made the habit easy. It was quiet. It was peaceful. There were no distractions. There was no sound. It was the right environment for this habit. The trigger was driving down my street as I would hold down my street as soon as I would see my house, all the sudden I felt very triggered to have the instant gratification that came with making a to-do list.

Now, what I want to pay attention to is not necessarily to be your trigger to do something but it triggers in you a memory or a feeling that gives you instant gratification. So, this is why some people really struggle with making the habit of exercise a habit because they're focusing on weight loss and y’all, every time you work out you're not going to lose weight. Newsflash. Hate to be the first one to tell you.

So, therefore, you don't have a positive or instant gratification associated with exercise. I, however, and many others who love exercise, what you look forward to is you've associate it with the feeling that you have when you're done. And then, you're excited about that feeling, so I've pulled into my driveway and I would immediately be triggered and I would feel that excitement, that desire to have that instant gratification that I felt when I finished my to-do list.

So, first environment. Second is a trigger. The trigger is usually something that you see that triggers a feeling. The feeling then creates action because you're like, "Well, I guess this can be true for bad habits as well." So, the feeling comes after we act on the trigger.

For example, if you've had a long stressed out day and your trigger is to walk into the kitchen and everybody's done eating dinner and your trigger is like, "Oh, I’m looking forward to relaxing and therefore my nightly habit is to pour myself a glass of scotch." Or whatever it is you drink. Then, you act on that. Well, once we do those three things, the environment is perfect for the habit, we've got some type of a trigger that triggers a response in us that makes us crave the gratification, the instant gratification of the action and then we act and then guess what? Once we do this routinely, we create mindless behaviors.

Now, that might sound bad but it's actually really good for you. Here's why. Because our brains weren't designed to think and that might sound strange but it's true. Our brains haven't evolved at the same speed as technology and all of our devices and the amount of data that were responsible for the amount of decision making and the amount of drain that we have on our brains. Our brains take about twenty to twenty-five percent of our calorie consumption and that happens just by making decisions.

So, if I see a comment and I actually read it, that is something my brain has to do something with that. My brain has to say, "Should I ignore that or should I read that? Should I process that? What should I do with that?"

I just got a text message. Should I look at that text message? Should I respond to it? There's an email notification. Do I respond on an email notification now? Do I read it? If I read it, do I respond to it or do I ignore it? I'll to try to tell myself to remember to respond to it later and it's just too much. Our brains, they haven't evolved to handle that. Technology is developed far faster than our cute little brains. Our little brains merely were responsible for food, shelter, danger, like lions, tigers, bears, lightning, thunderstorms, rodents, predators, as three and procreation.

Some of you are still focused on number four a little too much and pretty much, we didn't often trigger the area of our brain that focused on danger. Because how often is a lion going to be roaring. But now, every time your phone goes off, even if it's in the other side of the room, what do you do when your phone goes off? Then, what if it goes off like three times really fast, then what do you feel? That feels like a lion. There's a, "Ungh! I got to--" It's got to be something serious. It has got to be something serious, like, "Oh my god. What is it? What is it? What is it?" You always assume it's an emergency. You always assume it's a lion.

We want to get to a place where actions are mindless because our brains don't want to think. So, the more you can create situations where it happens automatically, number one, it becomes a habit. Number two, it doesn't tire you out. Number three, you feel better and like I said, all habits make things that are good for us easier and the same is true when we're thinking about bad habits that we need to change.

All right. So, I want you think of one negative habit that you would like to improve. I want you to think about what is the feeling that you're looking for, that instant gratification, so let's say that it's grabbing a snack. What is it that is gratifying about it? So, I think about myself when I am mindless eating, it's usually I find myself mindless eating not when I’m stressed, but when I’m thinking really, really hard about something so, if I get a phone call and someone is like, "Hey listen. I need your help and this is a big problem."

As they explain a problem to me, this is probably my face does. For whatever reason I open my eyes really why when thinking hard. I’m like, "Think hard. Think hard. Eyes open." Then, I slowly wander into the kitchen on the phone and I’m thinking with my eyes really wide open. I don't even look. I just wander into the pantry and I reach my hand into a bag of nuts. It's like I’m thinking really, really hard so that's my trigger. I don't know. It is but I find that what I’m looking for is something to do physically while I’m trying to process this mentally.

So, I had to recognize that I do this and I also have to recognize that why am I doing it, like what relief does it give me. So that I can figure out number one, what's the environment that triggers it and what is the trigger what's the feeling that it triggers and then obviously, the action is the mindless snacking.

Then, I follow through on that and it becomes a mindless behavior. Now, I know I've learned, I’m not perfect about this, but I’m learning that when I feel of that trigger like that, my brain is working really hard and I want to think about this and I want to process it, it's easier for me now to make sure to recognize that feeling and not walk into the environment. I just stay right wherever I’m at and then I’ll pull out a pad of paper and take notes because this is a much better way to process than this.

Let's talk about other habits. Let's say you come home and you're incredibly tired and then you walk into the kitchen and that's the trigger for wanting to do something to take care of yourself or soothe yourself like having a cocktail, let say. Well, then think about what is that you triggered to feel. What is it that you want to feel? Do you want to feel relaxed? Do you want to feel like you're treating yourself? Do you want to feel like you're off the clock? Fine. What I’m suggesting you do is develop not a way to just stop that from happening but rather engaging a new behavior that satisfies that trigger.

So, number one, you've got to change the environment. Number two you have to identify that that feeling is still going to be there. So, what can we replace it with it still gives you that satisfaction but perhaps it's healthier. When you need to the most important thing is to change your environment. What other things could you do?

Now, I want you to know this. It's not that simple. The very first thing you try may not work and the second thing and the third thing but eventually you're going to find something that does work. But you have to have some type of something visual in your environment that says, "Oh, I know what I’m supposed to do." Because if you're seeing a bottle of wine, then that's your visual- in your environment that I’m supposed to drink. But if you're triggered to satisfy that feeling, that wine to be taken care of and to be done for the night, well, then you need something else in your environment that triggers the healthier action. Like say, I don't know, a foam roller. Is that weird? I don't know, but like that would give me that same kind of feeling or maybe it's your headphones and your headphones signify to you that it's time for you to listen to a podcast or meditation or knitting or something that's a healthier habit to have. But you're still getting the satisfaction from it.

Now, one thing that I had to do was get this habit back and I kept questioning myself. I'm like, "Well, maybe it was never a habit. Maybe I never developed this habit. How did I do it every day?" Then, I realized through research that the habit was still there. My environment had changed and therefore, I wasn't triggered. The feelings weren't triggered in me and so I never acted on it. So, I tried five different things until I finally landed on something that worked. That for me was laying my notepad across my sink every day. So, what I do now is when I wake up in the morning and I had experiment. I kept trying different things and they wouldn't work.

Finally I said, "Well, I need to do this first thing in the morning. The first thing I do is I walk into my bathroom and I go to brush my teeth. But I’m not seeing anyone. I'm not kissing anyone, Brent is still sleeping. So, if this is across my sink, I can't brush my teeth until I’m triggered to go, "Oh yeah, I need to make a brain dump which takes five minutes."

A brain dump is simply to list out every single thing that is on your brain. Business, personal, emotional, conversations, text messages, gifts to buy, phone calls, just anything it's like, "Okay, I need to get this on my brain, so I stop playing ping-pong with it." And some people do this at night. Some people do this first thing in the morning. For me, it is beautiful and has always worked for me first in the morning. But statistically speaking most people sleep better if they do it before they go to bed. So, I’ll leave that part up to you.

That is really key. I want to give you one more very simple suggestion when it comes to habits and it's this. You've got to have something visually that isn't supposed to be there that triggers you. The example I gave on my Periscope, you'll see that I gave you two examples and I actually showed them to you in my house.

Do you have trillions of cords and chargers laying around your house and you're like, "I don't even know what this goes to. Does anyone know the charger to my camera is? Does anyone know where the charger to this is?" Or you find cords and you're like, "Does anyone know what this charge is?" Is that you? I'm a gadget girl.

So, I have so many cords and so many like awesome things and I'm like, "Do I really have to go on Amazon right now and order a backup charger or a backup blah-blah-blah, because I don't know where this is and I have buckets and drawers full of cords."

Well, earlier this year, I said, "Okay, enough is enough. I think I’ve probably wasted a good three years of my life looking for cords and chargers. Now, we have a new system. Sitting at our front door is this. It's called the Brother P-Touch and this is a label making device. So, this sits at my front door. It's right near the front door. It's not like you walk in and you have to step over, but it's near my front door. Then y'all, it's a problem.

Now, the second I open a package, it gets labeled. Sometimes, I just label things just because I really like making labels and like, "It's mine. Don't touch it. It's mine."

My kids, when they leave for school each day, I'm like, "Hold on. Let me just make you a label. So, everyone knows. See, "Chalene's son. Chalene's daughter, Sierra." I label them before they go to school each day and I just snap it off and I simply applied it across their forehead and I'm never going to lose them.

So, every freaking thing gets labeled now and that's new. Everything. Things that don't need to be labeled are now labeled and it's beautiful. But it wouldn't have if I just told myself to do that. You need a physical thing in your environment that's like, you can't miss it. Like you see it and you just can't miss it.

There's so many habits that we need to develop. Let me give you one more example that will really help you understand how true this really is for you. So, I’m going to give you the most important habits to work on first. I believe the very most important one is a daily brain dump. These are called lot of different things. Some people say it's like, this is my thing. I learned it from, first Brian Tracy and then it's taught in Getting Things Done and some people call it a brain dump. Some people call it an empty. Some people call it a master list. If you're really just kind of taking everything off your head that you've been trying to keep track of and see sometimes you really get distracted because you're so worried we're going to forget that one thing you like, "Don't let me forget. Don't let me forget." If you just put down on paper, you won't forget.

So, that's the first step. The second step is taking out list and identifying just two things that move you closer to your push goal or the big thing you're working towards. Then after that, you can kind of prioritize whatever else you need to get done but I really think that most people try to get a way too much done. But I think the most important thing when it comes to your to-do list is not to try to do too much, because I think too many people try to do too much and that's where they go wrong. Because if you're trying to do too much, it truly does bog you down. It doesn't make you feel successful. It makes you feel stressed out and that's never good.

So, I want you to focus on just those habits that are probably going to make the biggest difference in your life. Let's talk about some of the habits that really successful people have. Number one, take a good sleep. What are you doing out so late watching this chick on Facebook or Periscope, people? This is going to be last night I am going to see you up this late. Got to get good sleep. Write that down.

Number two, every day know the schedule. They don't just drift through their day. Successful people have a habit of scheduling their day. They also have morning routines like routines that set the stage and set the tone and set them in that feeling of, "I know where I’m at. I know what I’m doing. Routine makes us feel centered." People who are very successful also create an action plan. So, if they're not going to get a million things done, they list like two or three things that they need to get done. People who are very successful, you're not going to want to hear this so you're just not going to want to hear this. You're not going to want to hear this. But it's the truth. They take care of themselves. They do. Because they realize kind of like, Michael Hyatt said this weekend, "When the plane is crashing, what do they tell you to do? To grab a mask and put over your face first because you can help other people unless you can help yourself."

As much as you don't want to hear this help, successful people take care of themselves and that means they eat right and the exercise. I know this upsets people and I don't mean like all successful people have eleven percent body fat. I’m not talking about like that. I'm talking about exercising daily. I triple dare you to argue with me on this. People who exercise daily are more patient, more productive, more rested, more confident, more creative, more energetic, more balanced, stronger, smarter, all of those things. So, when you're not taking care of yourself, that's a pretty big piece of the success pie that you're missing and that is for you. I mean, everybody knows you feel better when you exercise. It's not even you feel better, you do better when you exercise.

When I say success, I don't mean that they're doing a million things. Success as I define it as they have their "ish" together and they don't do it because they need to please everybody else or get ahead, get ahead, get ahead, but it's like, "Yeah. This is what I wanted. Yeah, this is good for me." That's how I define success.

People who are successful also have strong relationships. So, that's a habit. Like how is a relationship a habit? You might think this is strange but I have notifications that come to my phone that remind me who to contact each day. I have a list of people who are on rotation because they are my people. They're the kind of people who don't need, like they don't need contact from me. They don't need to hear from me. They're not needy. But I want them to know how important they are to me and so I’ll just reach out to them.

You don't need to set reminders on your phone or post it notes to reach out to those people who need you because they're reaching out to you all the time because they're so damn needy. Am I right? Yeah. They’re so damn needy. But it's the people who we need to take care of that we have to remind ourselves, to reach out to them. Because we're not going to be triggered by seeing a message from them usually. Because they're just important. They have their "ish" together and you just have to remember that it's kind of about other people. More so than just like friends and family but like the people who really are making things possible on your team and so often the people on our team who we ignore are the ones who have their stuff together. Sometimes the people who really have their stuff together, they don't get our attention so much, it's like the kid in the family who was the good kid. They never got mom and dad's attention because there was this other kid who was such a problem. So, we tend to give all of our attention to the problem children as supposed to praise and love and connecting with those who are really making things happen for us.

Other habits that are really important are, of course, prayer and/or meditation and/or daydreaming. Now, for me all three of those things when it comes to the brain falling to the same category, because they really allow us to focus on a higher power, to be present and to think outside of ourselves, to think of something bigger than ourselves. But, then of course, our spirituality, but for many people who struggle with meditation, the reason why it is so important for you to meditate is because the effects on the brain and what we know about what happens in our brain when we meditate, it's the same thing that's happening in our brain when we truly are just daydreaming.

It's also the same thing that happens when we close our eyes and really just focus on listening to God or your higher power, whatever that is. That's a good thing. So my question to you is we need to eat better and I need to sleep more and I need to exercise. I need to create a daily to-do list. I need to check in with my important people. I need to check in with my team. I need to make my bed and I need to put my things away and I’m going to declutter my house. Oh man, what should I do first?

I can't answer that for you because I think everybody's different. They're going to approach this from a different perspective. I can tell you that from most people, most not all, that the first thing you should do, like if I were going to give you one habit, the ninety percent of people should start with, it would be a daily brain dump. Then taking just two things you're going to get done that move you closer to your big goal.

The next thing, I think most people need to do is get systems of organization into your house. I think the reason why so many people have a difficult time establishing all of these other habits is because their environment is a freaking mess. I mean, you're a dirty person. That's not what I mean. Trust me when I say I am a former clutter freak. Because I thought taking the time to rehang a sweater, taking the time to put things away was a waste of time because I’ll do that later. I'll do that tonight. I'll do that this weekend because I have things I have to get done. I have this project. I’ll do all of that later. I would tell myself. It was always so distracting and see the brain can't focus when we're very distracted.

So, look around wherever you're sitting right now. Take a look around the room and I want you to see things that catch your eye and you're like, "I don't need that. I don't even like that. Why do I have that there? Why is that in this room? Why is this there? Why is it on top of that? Why have I stacked all this stuff to look at later and never look at it?"

So, I have some books I think that will be incredibly helpful for you to read. Please write these three down because, listen, I had to get help and by help, I mean I had to be educated. I needed to first change my mindset and understand that it wasn't time saving to do it later. Do it now. Do it now. Do it now. That's the first rule, number one. Do it now.

Number two. Everything needs a home and the second I’m done with this it goes back to its home.

Number three. Everything gets labeled.

Number four. If I don't need it, love it or it's already served its purpose, I have to get rid of it. What do I mean by that? Like trophy that you've been hanging on. You already won the trophy. You're really, really excited about the gift that someone gave you at the time they gave it to you, but now you're not that into it. Get rid of it. It served its purpose.

People used to send me this little tiny angel figurines and for the longest time like [0:29:56], at a certain point, they were sending them to me that like angels made out a bottle caps or like angels made out of like weird things. I don't know. I must have said something at some point about angels because there was a year there where everyone sent me angels. Then, I got superstitious I was like, "God, I can't throw these away because what if an angel gets mad at me, like it is a bad thing."

Then, I just had to recognize the gift was that someone thought of me as an angel. But if that person knew that it was now causing me stress that would make them sad. So, I should just donate this bottle cap angel. If there's something that was a very important moment in my life, take a picture of it. If it's a book I’ve already read, donate it. If it's something I no longer need, get rid of it. Get rid of it. Get rid of it. Get rid of it.

Have you ever walked into a model home? And you know how a model home is just so pristine and beautiful and you're like, "Wow. This is what our next house is going to look like. We are going to live our lives as if we are in a model home. There will be nothing on the countertops except for a plant." And when you walk into this beautiful walk-in closet there will be only just a few simple color coordinated boxes and you just see these beautiful model homes you're like, "Uhm-mm. Yummy. My life would be different if I lived here."

They want you to do that. they want you to look inside a model home and go, "What our life would be like in this beautifully organized-" They all put stuff everywhere to make it lived in. That's because it's disturbing. It's not peace inducing. It's stress inducing.

So, my challenge to you is to get rid of your clutter. I would suspect that that's going to help so many more of your habits. Then, looking back on all they have is that we discussed, which was going to make the biggest difference in you becoming who you want to be, because you can't do all these habits at once. Just pick one. Pick one and focus on it.

Now, that you have just identify what that thing is going to be, I want you to focus on creating an environment number one, that makes it conducive to have that behavior. Number two, focus on a feeling that you're going to start looking forward to. Focus on the feeling that you're looking forward when that thing is done. Focus on the feeling that you want to experience and then I want you to start establishing environmental, physical, visual triggers that remind you to do it at the time you're supposed to do it and I want that to be at the same time every day and I want it to trigger that feeling. That feeling you're looking forward to so that it becomes an action and I want to see how long it takes you because research shows you can do this far faster than twenty-one days as we previously thought, that you just repeat something for twenty-one days, it ain't true.

You actually need all these other elements in there and you can create a habit in as short as seven days by having the right environment, the right trigger and making sure that you follow through on that action. Before long, it'll be a mindless behavior. That's when it's a habit, when it's mindless. Now, you don't even need the visual trigger, you're just need an environment, then we know we have a habit.

Let me give you those three books. The Power Of Habit, Smart Change and The Life-Changing Magic Of Tidying Up. One more book, I'm going to give you four. The fourth one is It's All Too Much. It's All Too Much is a great book for those of you who listen to books on tape or on Audible. That's a really great book and it came up before The Life-Changing Magic Of Tidying Up which is wildly popular, which is also good but it's also written- I hope you don't take this the wrong way but The Life-Changing Magic Of Tidying Up is a great book but it's written by a woman who lives and who works in Japan and their space and their culture, like there are some things that will get you to, "Huh?" Like it doesn't really make sense. You're like, "What?"

She's also, I will say, however, it was her book that really allowed me to get rid of all of our stuff that was- it was even sentimental, I just felt bad about throwing it away because I'm like, "Oh, but this person was so nice. They gave it to us. But what if I get invited to a 70s party with a disco theme. I have to save these white go-go boots for fifteen more years." She really helped me with those kind of things. All of the stories you tell in your head like I had been holding on to, I don't know. We've been married for twenty some years. I probably had a closet accumulated of maybe twenty or thirty. Old mushy, disgusting, smelly, stained pillows. Why am I holding on to them? Am I expecting like fifty girl scouts to come over here for a sleep-over. Like, "Why am I hanging on to these?"

Even, if I did, I’d probably go and buy them all new pillows because these pillows are so gross. I had all these like old cheap, really gross comforters. I’m like, "Why am I holding piles and piles and piles of them."

Then, I just realized, "What in the world am I doing with these?" I'm just going to pack them all up and take them to a shelter and donate them and God bless, if they don't want them, I understand. They can throw him away because they're gross and I’m not sure why I have moved them from three homes in boxes I’ve never opened.

I really do think once you get a hold of your clutter, it's kind of crazy how many more systems you can set up in your house that allow you to establish better healthier habits. The only difference between you and who you want to be are new habits and changing old ones. It's not just stopping the old habits. It's replacing them with healthier habits. That's what I got for you.

This episode has been sponsored by courageousconfidenceclub.com. It’s a club that I’ve created specifically to help people who struggle with confidence and insecurities in social settings, and just standing up for themselves. Being yourself and feeling good about it. All of us could benefit from having more confidence. I’d love for you to just experience a taste of it, so please be my guest by going to Chalenejohnson.com/confidence tips.

Now, if you don’t feel like writing that web address down or remembering to go there later, all you have to do is, while you’re listening from your phone, send me a text message. The number is 949-565-4337, and that is for US residents. Then just send me the word confidence and I will send you access to this video.

This video will help you to eliminate self doubt and just feel more confident in any situation, whether it’s work or personal, or just your social interactions. Every one of us can benefit from having more confidence. There you’ll submit your email address and I will immediately send to your inbox my latest training video. Where I teach you step by step how to feel more confident in just about any social setting. I think you’ll find this incredibly useful, whether it’s business, or personal, or just in your everyday interactions.

Confidence is something that makes life easier. It helps you to raise more confident, self efficient children. It allows us to speak our minds, to stand up for ourselves, to do the things that otherwise we are paralyzed by fear and we just allow our own thoughts to stop us. By learning how to overcome self doubt and fear of success, you can become that confident person that others are attracted to. The person you want to be. The person you deserve to be. The person you know is inside of you. So thank you for checking out my free tools by going to Chalene Johnson.com/confidencetips