



Wealth Tribe

Unmanifesting for Success

By Lee Milteer

II. Simplification

Dear Wealth & Power Mastery Members,

The truth is we have too much stuff and it is robbing us of time, money, and life energy.

Simplification brings balance so let's talk about how to simplify your life. What is simplification? Some believe that in order to simplify, you have to give up everything and live like a monk on a mountaintop somewhere. But simplification doesn't necessarily mean giving up all your possessions and the material world. Actually, it simply means removing the clutter: mental, emotional, and physical. It's about giving up your attachment to things, not the things themselves, although sometimes clearing stuff you no longer use or need is a good way to make room for more good things to enter.

The truth is, having too much stuff actually causes stress and confusion. How much time do you spend wading through your stuff trying to find something? All of the junk you don't really need causes frustration and quite frankly, it's exhausting.

Now let's have some fun and play: Keep in mind that you are going to have to prioritize, and be honest about your "stuff." These are the tools you'll need to start your de-manifesting game. I like to call it The STUFF DIET. You have to be honest about what you really need, really use, and really want to keep hanging around so you can get clear about what's important in your life and what you really want in life. We create our own clutter and we are the only ones who can clear it up for ourselves.

Simplification can start with your material world. For example, clean out your garage, your closet, your pantry, office, etc. I recently did a "Stuff Diet" in my home, and my staff and I did the same at my office, and it's been beneficial for me both personally and professionally. Where before we might have had too much irrelevant stuff laying around, now we know where everything is and we know what's most pressing at any given moment. I've found that the more you simplify and organize your life in these ways, the less stress you will experience.

Organization is key here and when you find and implement systems that work for you, you create a much more orderly environment where you are not overwhelmed by all the things you own and all the things you have to do to live your life. Here is how we did our "Stuff Diet." You'll want to take these suggestions and modify them to best fit your style and personality.

"STUFF DIET" (Or Home Diet/Office Diet)

1. Create a holding place for things to be released. Make it easy to get rid of stuff. Designate space for items you want to sell, donate to charity, give away, or trash.
I personally set up a place in my garage, although it can be a spare room or anyplace you can allow things to gather for a week or so. I like to do it this way because if you change your mind and think of a reason why you are really not ready to part with something you have a grace period. That way you won't regret letting something go.
2. Use big baskets, bins, or large strong boxes. Label them STORAGE, SELL, DONATE, THROW AWAY, and RECYCLE.

It's important to get everyone on board. Make a commitment to releasing things and decide how many things per week everyone will commit to releasing. Everyone should have a DAILY GOAL. **Something** has to go each day. It can be as little as a pen that no longer works, but everyone has to play the game.

3. Set up a Reward and accountability system.
4. Set up a system where you can take things to sell to consignment shops, or donate to Charity, and also have the old trash removed. This follow up phase is very important. Don't just let this old stuff hang around and become another burden.

The bottom line is to find reasons to motivate your family or staff to release unwanted and unneeded things.

For example: Kids love contests, so whoever can release the most gets a prize or special privilege. It could be anything from staying up later or a PJ party to horseback riding lessons. Try to reward with experiences, not more material things. Customize the reward so that it's something that makes them want to let go of the unneeded. Remember, we are all just big kids so find ways to reward and motivate every person who is part of the "STUFF DIET"!

If you want to find a great place to really get motivated, start by eliminating the things from your house and life that EXPIRE!!! You'll be surprised at how many things like food, over the counter medications, and prescription drugs you have laying around. This will be an eye-opener for how unconscious you've been about the amount of time you've had things!

There is nothing in this world that feels quite the same as looking around your home or office and seeing it **in order**. On the other hand, there's nothing more energy-draining than living with clutter.

I want you to live every day with the **peace of mind** that results from having your home OR office **exactly** the way you want it: where **you** are in control of your stuff, and not the other way around. Do you own it or does it own you?

Your new motto:

If it doesn't serve a purpose, have meaning or monetary value—out it must go!

Enthusiastically,
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