

The Knowledge Series™ 5 Keys to Accelerate Your Success



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THE MORE OF LESS

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The More of Less

I just finished reading – well, listening to the audiobook version of Joshua Becker's book – *The More of Less*.

I have read lots of books about de-cluttering, organizing your stuff, but this one really got me motivated to take action. More action, more decluttering, downsizing or minimalizing – as he calls it – than ever before.

I have been recommending it to all my clients.

It seems that we all have some issues when it comes to dealing with our “stuff”.

I must admit when the word, minimalism was first mentioned, I thought, “Oh, no, this isn't for me”. But I continued to listen. And learned about why we accumulate possessions, why we hold onto things and even tips on dealing with family members who might not be onboard your minimalist train.

“Owning less is better than organizing more.”

~ Joshua Becker

And how having less can really give you more. Since reading the book, I have already started letting of things. And it feels great. I feel lighter. Less bogged down. I make a point of really looking at the things around me and deciding if I love them, if they bring me joy, if they are useful. And if they aren't any of those, I can easily let them go.

Oh, and by the way, minimalism doesn't mean stark, empty spaces, it can

mean whatever you want. Whatever level you want to take it. I was relieved about that.

Great book. Highly recommend it.

P.S. I just started reading *the life-changing magic of tidying up* by Marie Kondo who also talks about only keeping the possessions that bring you joy. Stay tuned for a possible future blog about it.

P.P.S. In the meantime, if you want an exercise from The Knowledge Series™ ebook, check out the link below.

Let the De-cluttering Begin!!

What do think about decluttering or minimalism?

I would love to hear your stories, please add yours below.

Share your stories and ideas at the links below.

<http://judypeebles.com/The-More-of-Less>

or

<http://judypeebles.com/spac-e-clearing-decluttering/>

Space Clearing & Decluttering



Walk through all the rooms of your home, take a look around your office, garage or any space that you regularly occupy. Make a list of what areas need decluttering. Make a plan to begin the process. Remember it doesn't all have to be done at once. Do at least one small thing today to begin.

that you regularly occupy.

Make a list of what areas need decluttering. Make a plan to begin the process. Remember it doesn't all have to be done all at once.

Do at least one small thing today to begin.

Once you have a clear vision of what you want your space to look like and why you want it, then you can begin the decluttering process.

In Julia Morgenstern's book *Organizing from the Inside Out*, she uses the acronym S.P.A.C.E. - Sort, Purge, Assign a home, Containerize, Equalize

Joshua Becker's book *The More of Less* focuses on minimalism. And in his blog post

<http://www.becomingminimalist.com/what-is-minimalism/>

he says that when asked "So what is minimalism anyway?" He replies – "I am intentionally trying to live with only the things I really need."

Marie Kondo speaks of only keeping things that bring you joy.

Whatever criteria or methodology you decide to use, I am sure that most of us can agree that we could use less "stuff". And by giving it away you can help others and feel lighter and less bogged down.

Recommended Reading

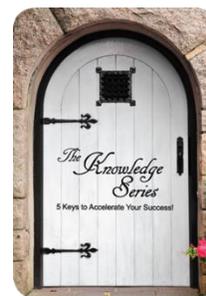
The More of Less by Joshua Becker

the life-changing magic of tidying up by Marie Kondo

Organizing from the Inside Out by Julie Morgenstern

Move Your Stuff, Change Your Life: How to Use Feng Shui to Get Love, Money, Respect, and Happiness by Karen Rauch Carter

Speaking of Books



The Space Clearing & Decluttering Exercise is one of the exercises in

The Knowledge Series™ ebook

To assist you in accomplishing more this year and in years to come, download a free sample version or purchase a copy of The Knowledge Series™ ebook or one of the Journaling Jems™ ebooks.

For the remainder of the year purchase any Journaling Jems™ or The Knowledge Series™ ebook for **\$20.16**.

Use the link below and coupon code **2016** to get this deal.

<http://theknowledgeseries.com/ebooks>

Autumn Accountability

I don't know about you, but this year is flying by.

How are you doing on those goals you planned to accomplish this year?

Are you looking for new job? Or a step up the career ladder in your current company?

Do you want to kick start your small business or network marketing company?

Do you want to be more organized or have more work/life balance?

Are your frustrated or feeling stuck or overwhelmed on a home or work project?

Whatever you are attempting to accomplish, having help can make all the difference. For example, if you want to exercise more, get a workout buddy. Committing to someone else that you are going to do something increases the likelihood of you actually accomplishing it.

If you arrange to meet your workout buddy at the gym or for a walk, you are less like to blow it off than if you were just planning on working out by yourself.

Often my coaching is all about Accountability.

Once you have created a vision for what you want, we can then breakdown the steps you need to take to accomplish it. And just knowing that when we next meet, I will ask you about your progress, can often keep you on track to accomplish these tasks. And before you know it, voilà – you have accomplished your goal.

Don't wait until you blink and the New Year is here. I have a solution for you right now. ➡

High Heeled Haven

Are you looking for a safe place to vent, discuss concerns over your career or business, connect with other women and receive encouragement and coaching?

Discover just this place, without even having to leave your desk.



Join me most Thursdays for casual, interactive, live webinars – heels not required – at noon and 6:45 PM PT.

Learn new concepts, join in on discussions and get coaching on your current challenges.

I want to help. To be a resource for you.

<http://theknowledgeseries.com/events/high-heeled-haven>



Need A Speaker?

Contact Judy at 408-859-7465 or

info@TheKnowledgeSeries.com

The Knowledge Series™ 5 Keys to Accelerate Your Success

Get Out of Your Head!

Get Into Action!

Get What You Want!

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Autumn Accountability

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<http://theknowledgeseries.com/accountability-coaching>