



## Cleansing and De-cluttering Your Outer Environment

You have committed to this amazing journey because you are ready for a transformation of body, mind and soul. Congratulations! Now it's time to roll up your sleeves, and start making space for the NEW RADIANT YOU to shine your light. Everything in your environment is a reflection of the "old you." Some of the reflections in your life make you feel energized, happy and alive and other things pull your energy down, exhaust you and make you feel blah. This month we're going on a massive de-cluttering mission of everything in your environment. According to Feng Shui, every possession we own is like a string attached to our body, mind and soul. Yikes! What do you have hiding under your bed? What's in your closet? Pantry? Bathroom etc?

I want you to go through EVERYTHING you own and do a clean sweep! If you don't "LOVE" it, if it doesn't absolutely THRILL you, I want you to LET IT GO! Are you scared? Breathe deeply and know that you are making a beautiful space and clearing for all that you truly desire to manifest. Ok, are you ready?

Check off the boxes below after you have cleansed out every area in your environment. This process is going to make you feel LIGHTER physically, emotionally, mentally and spiritually. You'll experience more energy and joy. I promise.

- Your clothing and shoes closet
- Your "gear" closet
- Your bathroom toiletries
- Your kitchen

- Your pantry
- Your office
- Your living room
- Your laundry room
- Your garage
- Your car
- And every other space you have ties to.