



the meantime:

Physical Space

Step One: Creating Space and Order in Your Physical World

Before You Begin:

Take a 'before' picture of the space you've committed to clean and post it in the Facebook group.

clean up your home & office

Nothing signals fresh start like clearing out a space. Do a massive purge and clean. You will feel amazing and full of energy after you do it. You will feel energized about handling your money. And you'll feel more capable of doing it. It sounds ridiculously small, but giving yourself this win is an important ritual in handling the larger crisis.

If your environment is a mess, your mind will be a mess. Something that can kill your chances of making it through The Meantime is ... clutter.

And, when you're in The Meantime, you need to be thinking as clearly as possible. In The Meantime, your nerves are on edge and you will go into overwhelm incredibly quickly. In The Meantime, it is too easy to fall into shame of "how did I let it get so bad?" Don't let your environment add to all of that.

Not sure you'll do it? Call a friend to come over and clean with you. Hire a cleaner. Do whatever it takes to make this happen this week.

And, every morning when you wake up and see it, your environment will inspire you to stay on track. Clean it and keep it clean.

While you're at it, consider what other symbolic things you can do to signify how serious you are about handling your issues. You might consider:

- **Doing a Spring cleaning** of not just tidying but also get rid of things (e.g. clothes you don't wear anymore, books you don't read etc.). It frees up so much energy to let those things go. Ask yourself, 'do I really need this?' If not, let it go. This can also have a powerful, ritualistic effect where you're declaring something to the universe that it's time for something new. Take it to the second hand shop. You might even be able to make some money in selling some of it. But the main thing to is clear it out.

- **Grooming:** Getting a haircut, or ironing your suit so it looks extra crisp can have a similar impact. You're creating constant reminders for yourself that something is new now.
- **Burn Sage, incense, or the medicinal herb** of your choice to cleanse your space.
- **Light some Beeswax Candles** - maybe it's because I'm a Waldorf kid, but the sight and smell of bees wax candles is incredibly comforting to me.
- **Diffuse Essential Oils.** As Kristopher Love writes, *“Essential oils are one of the best ways to vibe up your space with fresh fragrance and good energy. Each essential oil has its own qualities, and characteristics, and you can choose based on your mood. Sweet orange, lemon and grapefruit are very uplifting and cleansing. Lavender and frankincense will be calming, and good for stress relief and relaxation. You will need an essential oil burner to diffuse these aromas. This is also the secret to having the best smelling house on the block.”*
- **Get some plants**
- **Buy some fresh flowers**
- **Open the windows and doors if you can.** Kristopher Love writes, “Allow fresh air to fill your home for at least five minutes each day. Let the wind naturally exchange air that has been cooped up with some fresh and vibrant, oxygen filled breeze. Even during winter months this should be done!”
- **Tidy up your computer desktop.** This might not be your physical space, but most people's computer desktops are incredibly cluttered and this creates a small amount of anxiety and overwhelm every time you look at it.
- **Organize your paper files:** You likely have some kind of files and systems to keep track of paper records of things. Is it well organized? Go through them and toss stuff that's no longer needed and reorganize everything you've got.

- **Organize your computer files:** Not only are people's desktops a mess but their computer is often full of old files they no longer use, or have forgotten they even have. And, what there is is difficult to find. Spend a few hours cleaning this up.
- **Hire a house or office cleaner:** Not everyone can afford this but you might find that it's much more affordable than you'd think. You could have them come in once per month or just once a quarter. I started doing this about once a quarter about a year ago and it made such a powerful difference in how I felt in my space.

Some Bonus Reading to Make Your Physical Space Work Better For You:

dose.com/lists/16055/These-Evil-Yet-Genius-Lifehacks-Will-Change-Your-Life-5-Is-Totally-Wrong

becomingminimalist.com/decluttering-principles/

houselogic.com/blog/home-improvement/clutter-depression/

becomingminimalist.com/7-common-problems-solved-by-owning-less/

becomingminimalist.com/the-simple-guide-to-a-clutter-free-home/

Before You Move Onto Week Three:

Take an 'after' picture of the space you cleaned and post it in the Facebook group next to your before picture.

some additional resources for you on your journey through The Meantime:

Free Inspiration: The link below is to a page of inspirational and heartwarming quotes, images and videos for when you feel stuck in The Meantime with no way out.

When you're in The Meantime it's important to keep your vibes high, fill yourself with laughter and wonder and to keep your emotions flowing. You might need to be lifted up or to have a good cry. Let this page be a well you can dip into for fresh water whenever you need it.

marketingforhippies.com/meantime-inspiration

Twitter: Feel free to tweet me a question at any point at:

twitter.com/TadHargrave

Products: Over the years, I've created a number of products to help conscious entrepreneurs on various aspects of their marketing. You can learn more about them at the link below.

marketingforhippies.com/products-services

my last request:

If you try something and it works,
please send me the story at:
tad@marketingforhippies.com

about the author

Tad Hargrave is a hippy who developed a knack for marketing (and then learned how to be a hippy again.) For almost a decade, he has been touring his marketing workshops around Canada, bringing refreshing and unorthodox ideas to conscious entrepreneurs and green businesses that help them grow their organizations and businesses (without selling their souls). He is does improv comedy semi professionally, co-runs Edmonton's progressive community building network TheLocalGood.ca, founded streetcarshows.com and the Jams program of yesworld.org. He speaks Scottish Gaelic and is also a huge Doctor Who nerd. You can learn more about him at marketingforhippies.com.

