



A Cl.E.A.R. Path Forward™

Welcome to the August 2017 edition of A Cl.E.A.R. Path Forward™. This newsletter is written for the friends and clients of Kathy Hart who are navigating transformative changes in their lives. Each month you are provided with a monthly question, personal actions for clearing the fog, and a recommended book.

We have a new feature - links to **BLOG posts** written in July are now posted at the bottom.

Are the Material Possessions of Your Past Holding You Back from Your Re-imagined Future?

As part of our global gap year preparations, my husband and I have decided to rent our home in Alameda and move our household belongings to a second home located just outside of Shingletown. We have approached the pre-sorting for this move with three goals in mind:

- Convert, as much as possible, paper related family/work items to electronic documents, enabling easier access and tracking (and continuing Kathy's business) while abroad.
- Significantly reduce the items necessary to maintain our family household. As an example, if the magazines haven't been read for a year, don't just pack them, but rather donate them to the local library. If that large wok pan gets used once a year, donate it to a worthy cause.
- Find loving homes for items that we once thought so important, but don't fit our streamlined lifestyle. As an example, the family china purchased when we were married feels like a huge weight we don't want to haul around any longer.

What about you? What material possessions from your past are holding you back from your re-imagined future? It is next to impossible to move forward when the pile of "stuff" stifles your very being. As one client commented, "I feel like I'm being weighted down with 20 pound waders." Here's the remarkable fact I shared: you have choices as to whether you want to keep walking around wearing those waders, or take them off and leave them at the shoreline. You may not be moving your physical home, but that doesn't mean you still can't purge and release the material items of the past that may be holding you back.

ACTION: Share with me at kathy@clearvisionconsult.com what material possessions may be holding you back from your joy-filled and abundant life.

Clearing the Fog - Personal Actions for Relinquishing Material Possessions:

- **Chronological View:** Evaluate your material possessions against a chronological perspective. Have you worn, used or referred to the item in the past year? And then ask yourself the corollary; if you didn't have the item, is there something similar that could serve in its place? For that wok we let go of? In truth we have several pans that can serve the same function, and that we use on a much more frequent basis.
- **Ensure Your Items Spark Joy:** For those of you not familiar with Marie Kondo's book [The Life-Changing Habit of Tidying Up: The Japanese Art of De-Cluttering and Organizing](#), the premise is to regularly examine everything you own and ask yourself, "Does this item bring me joy?" And if the answer is not a solid "Yes," then it's time to retire or repurpose that item out of your life. While it is tough to start, as you progress you will begin to feel noticeably lighter and more able to relinquish items that don't serve you any longer.
- **Delay and Ruminare, Then Move Forward:** There are some items you come across that you use infrequently that, nonetheless, spark something (though it may or may not be joy), and still seem to speak to you. This is when that little voice in the back of your head says "Really, maybe you should reconsider!" For those items, stick them in a box with a date posted on them. Pack them away. And if in that one year (or six months) you haven't missed them at all, then know that you are ready to retire the item(s). Of course if you keep going back to an item week after week to get it from the box, it's a keeper!

Recommended reading - Brag: The Art of Tooting Your Own Horn Without Blowing It by Peggy Klaus. This is an enjoyable and fast read for anyone who wants to improve speaking about themselves in a clear, distinct, and authentic way. The key points of the book are easy to glean within the first few chapters. Ms. Klaus provides some insightful questions to ask to determine what makes you unique and special. She then describes and gives numerous examples of how and when to use your very own bragalogue; a few short, pithy sentences that capture what value you bring to work, why it's important, and why others should be aware. The book is filled with helpful anecdotes and lots of stories from her clients' perspectives.

BLOG posts from July:

- [Gap Years are for the Young at Heart](#)
- [A Gap Year Spent Traveling Abroad](#)

Kathy Hart, Ed.D. has a driving passion for human change and transformation. Her goal is to provide women in transition with the support and resources needed to re-imagine and lead a more abundant, joy-filled and purpose-driven life. If you are a woman wanting to re-claim your voice and live your life to the fullest, take concrete action by contacting Kathy at kathy@clearvisionconsult.com. The choice is yours!

Services that Kathy offers:

- 1:1 coaching to support your transition into the next life phase, whether work or personal
- Small group work and team development to boost the group's performance
- Trusted advisor for leaders navigating work changes and searching for an expert guide
- Speaking and workshops on human change and women in transition