



Earth Love Month

Day 12: 27 Fling Boogie

When managing your stuff is higher on your list of priorities than the things that truly matter to you, you are not managing your stuff—your stuff is managing you.

The 27 Fling Boogie is a 15-minute power decluttering exercise from Marla Cilley's (aka the FlyLady) book [Sink Reflections](#), which she adapted from Suze Orman's [The Courage to be Rich](#), both highly recommended.

It's super simple. You'll need a timer and a trash bag. Set your timer for 15 minutes, go through your home room by room and chuck 27 items that no longer serve you.

Upon completion of the exercise, be sure to throw the bag away or donate the contents to charity. You can find a charity that will pick up your stuff for free [here](#).

Why is this good for you? clutter can not only cause stress and anxiety, but also physical ailments. Read more about the [effects of clutter](#). Also, having a clean and orderly home feels amazing!

Why is it good for the environment? The benefit is twofold. If you are donating your stuff, not only are you keeping it out of the landfill, but you are also eliminating the need for someone else to buy it new. Also, after doing this exercise, you may think twice about buying more stuff that you don't really need.

minimalism
is not about
having less.

it's about
making room
for more of
what matters.