

Clarify your mind ... Clear Cosmetic Clutter

**RAHN** 



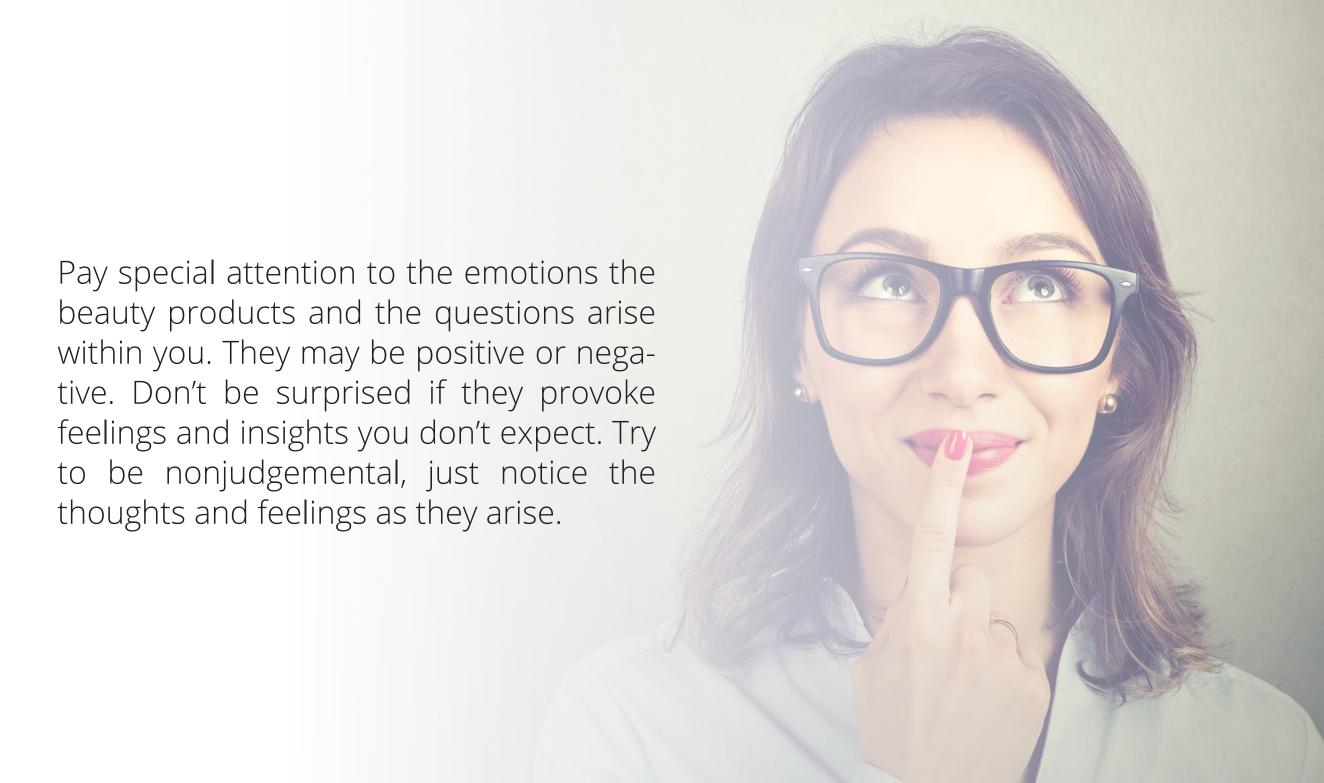
## **Decluttering Cosmetics Exercise**

For this exercise choose a time when you are not rushed or stressed. Allow plenty of time to enjoy the task. Make sure you have a trash can nearby and some cleaning products at hand.

Start by examining each of the beauty products you possess. As you pick up each one, ask yourself:

- When did I buy this? Was it weeks, months or years ago?
- Why did I buy it? What prompted me? What mood was I in?
- How much did it cost? Did I get value for my money or is it overrated?
- What did I expect it to do? Did it perform?
- Do I waste it? Is it half-used?
- Is it past its expiration date?





Asking these questions will help you clear out the physical clutter and clarify your mental state.

## Be honest with yourself.

Throw away the items you don't need or want, especially if they are past their use by date.

Scrub the surfaces and wipe clean all the jars, bottles and containers. Restock your cosmetic cabinet with the items you have retained: The ones you use and like. You don't need more or less than that.

