

# **WHEN ORGANIZING ISN'T ENOUGH**

**SHED Your Stuff,  
Change Your Life**

**JULIE MORGENSTERN**

**JULIE MORGENSTERN** is a time management expert. She founded her own consulting firm in 1989 and since then has worked with clients such as American Express, Microsoft, FedEx, Bears Stern and GlaxoSmithKline to help them increase productivity. Ms. Morgenstern is on the Board of Directors of The National Association of Professional Organizers and has been honored by the Small Business Administration. She is a graduate of Temple University and is the author of several books including *Organizing From the Inside Out* and *Time Management From the Inside Out*.

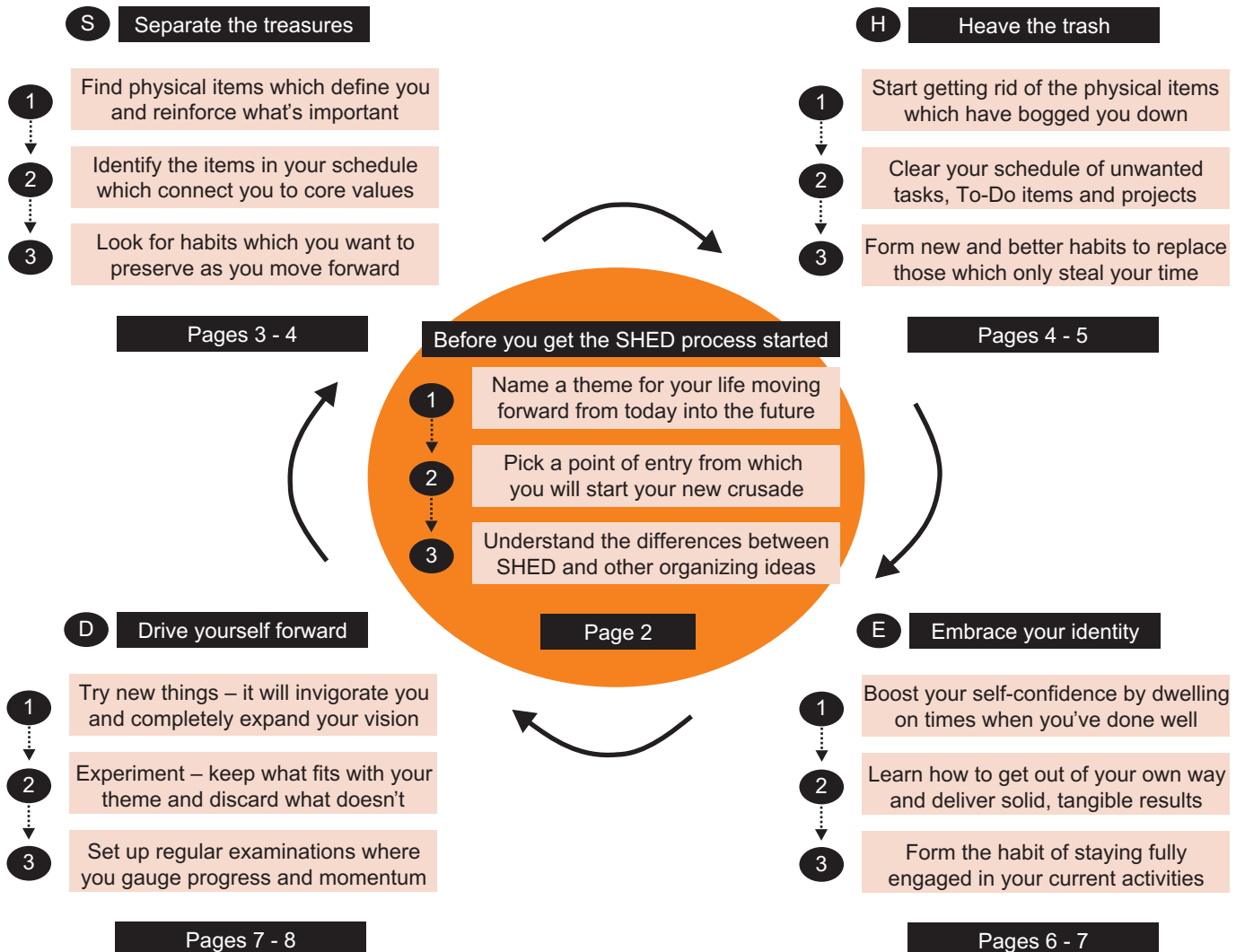
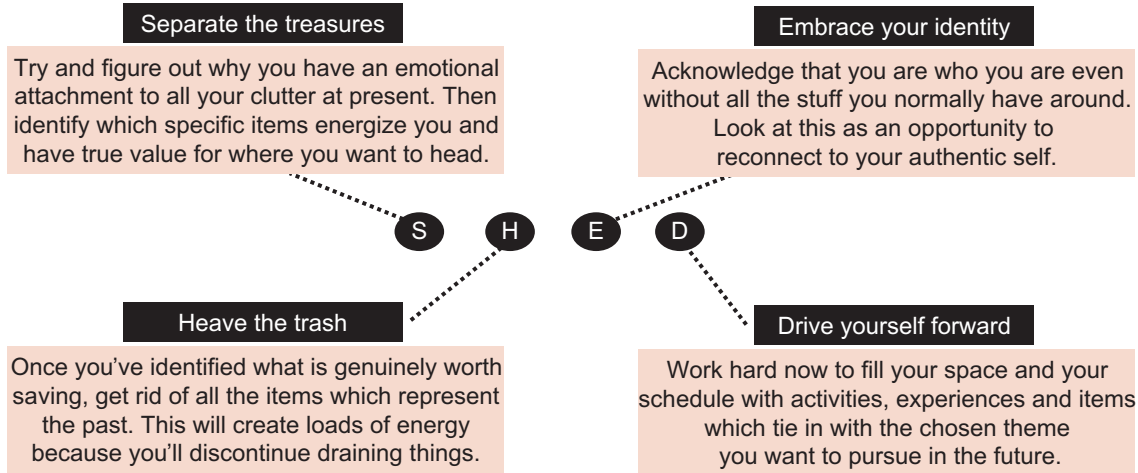
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**MAIN IDEA**

Organizing works just fine when you know where you want to go but you aren't really sure how you can actually get there. There are, however, times when organizing alone isn't enough. If you're uncertain about where you're heading or if you simply feel it's time to make changes in your career or in your personal life, then organizing skills are not necessarily going to be helpful. In those situations, you're better off releasing your attachment to old and obsolete items so you have more clarity and space to move forward. This is where the SHED process becomes helpful.

SHED is the transformative process of letting things go that represent the past. It involves four steps:



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