

YES

You have too much shit.

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“Have nothing in your house that you do not know to be useful or believe to be beautiful” - William Morris

It's safe to say that most of you reading this are living in the Western world where having more than you need is normal and acceptable. That being said, you probably have a lot of shit. Well so do I! And I truly believe that most of that shit is bad for us, our families and planet Earth in general.

Now I'm not saying we all need to get rid of everything. I'm not going to encourage you to sell off your possessions and go live in a shack with just the basics. There are a lot of things (shit) we keep around because they are really good for our souls. Items that bring back memories, spruce up our surroundings or express our individuality are all there to aid your enjoyment and have *real value* in your life. But that's not the shit I'm talking about.

My goal with this short e-book is not to make you feel bad about your shit or try to “enlighten” you to lead a less materialistic lifestyle. We all like having nice things, but sometimes it can get out of control and take over our lives without us noticing. I'm not here to judge you, but I am here to tell you that you have too much shit that you don't need or use. Let's change that!

STOP BUYING NEW SHIT UNTIL YOU GET RID OF THE OLD SHIT



The first step to getting rid of shit is to stop buying more shit. This may seem obvious but you'd be surprised at how many of us will keep adding to the pile. Stop!

Got it? Ok good, now let's get to getting rid of your shit.

GIVE YOUR SHIT AWAY TO PEOPLE WHO NEED IT



There are a lot of people out there who have less shit than you. And many of those people probably need your shit - so why not give it away?

Your trash could be another person's treasure. Places like schools, charities, churches and libraries are always in need of old books, clothing and household items. People who are looking for materials to build things or missing parts to other items they own could find your shit extremely valuable. Consider giving away your old things before you trash them, you could be really helping someone out. Goodwill, Salvation Army are both great places give to - plus you can write your donations off on your taxes! Cha-ching!

SELL YOUR SHIT TO PEOPLE WHO ACTUALLY WANT IT



You'd be surprised to find that you can sell your old shit. If you have old items that are valuable such as designer clothing or pricey electronics, you may feel unhappy about just giving them away. Throw them into your "sell" pile and make some money off them instead. Here's how:

Friends - There is a good chance you have something a friend may need - or want. That friend who just moved could probably use your old couch. That other friend who wears the same size as you may have been eyeing those boots you're about to dump. Always let your friends know you have things to sell, or you can awesome and just give it to them. I mean, what are friends for?

Garage sale, flea market, farmer's market - Got a lot to get rid of? Try having a garage sale! If you don't have a lot of stuff, consider partnering up with a fellow hoarder friend and sell your shit together. Use social media or Craigslist to advertise your sale and mention any high quality items you have available. If having a garage sale isn't an option, consider setting up a table at your local flea or farmers market. Just slap a "vintage" sign on it and watch the thrifters come through! Just make sure to price your items a little higher than what you actually want - those thrifters love to haggle.

Vintage Stores, Beacon's Closet, Plato's Closet - Vintage stores are your best bet if you have any authentic designer items of value. They are usually willing to give you good money for your item. Beacon's Closet in NYC takes a variety of secondhand brands, but don't expect too much in return cash wise. The better option is to take the store credit (which they will heavily emphasize) instead of the cash. Out of the three listed, Plato's Closet will give you the lowest value for your stuff and they will only take styles within the past two seasons. The drawback to all of these places is that you may be tempted to purchase new shit while waiting for them to sort through your clothes. Gets me everytime.

Poshmark, Depop, ThreadUp - These thrifter tools each have different fees, but are all great mobile apps for [selling secondhand items](#) - particularly clothing, shoes and accessories. Only takes a minute or so to snap a few photos with your phone and list your items for sale. I've personally had a lot of success selling on Poshmark and Depop.

Ebay, Let Go and Facebook - If you are selling furniture, a used car or any random household item both of these platforms can help you find the right buyer. Let Go and Facebook are excellent for selling locally. Ebay is great for reaching more people, but don't forget you will have to ship the item if you sell to someone out of your area.

SHARE YOUR SHIT



Sharing is caring! Believe it or not, you have a lot of old shit that can be used by other people. If you're not willing to fully commit to giving away or selling something, lending it is a great option. Not only are you [creating more space](#) for yourself, but you are helping someone out without permanently taking away *their* space. Plus it's like sooooo nice of you.

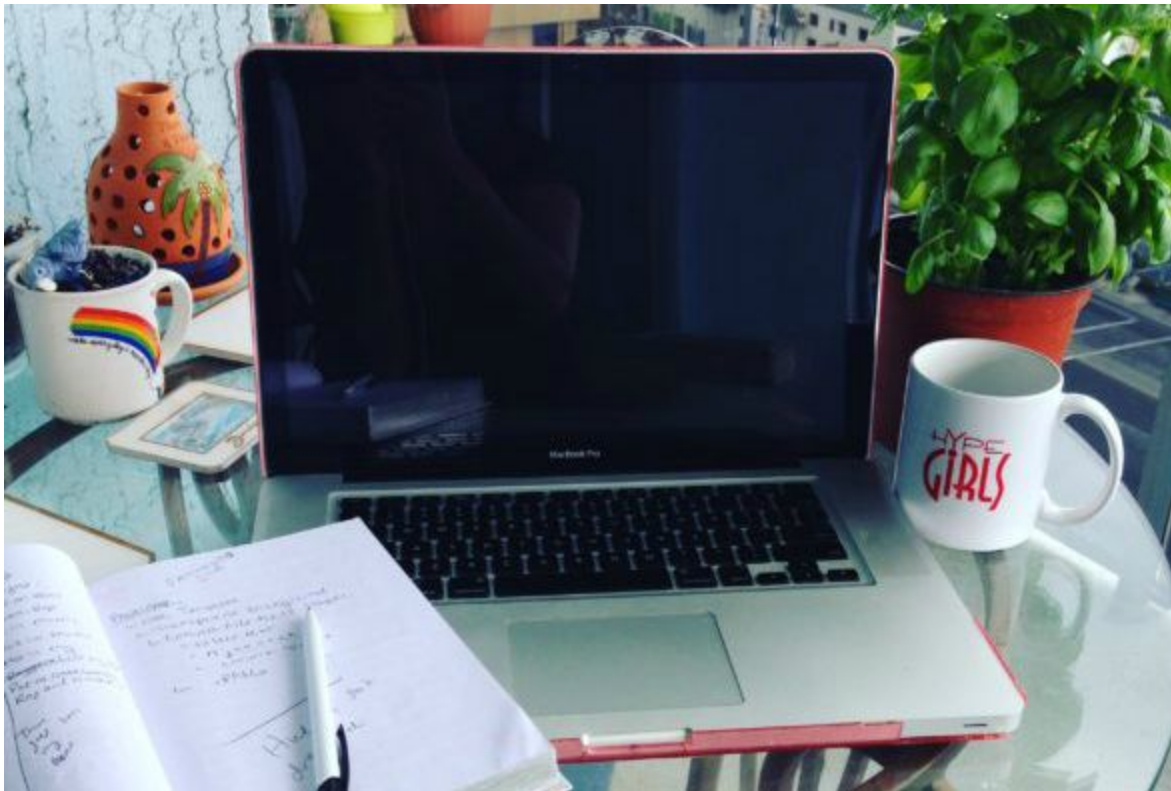
Here's a few things that can actually be used by more than one person:

Vehicles - Tools - Clothing - Shoes - Furniture

Equipment - Kid's toys

So much more...

GO DIGITAL WITH YOUR SHIT



Um hello? It's 2017 people, time to GO DIGITAL! If you've got tons of photos, old VHS tapes or CDs around, considered converting them to a digital form. Instead of taking up physical space, digitize it all and store it online or on a single 1TB hard drive. And once you do, don't let yourself go back! Start saving your photos to the cloud. Watch your movies online. Download music to your mobile device. It's the beauty of technology people!

Here are some great online tools to help you store your shit safely on the cloud:

DropBox - Google Drive - iPhoto - Amazon Prime Photo - iCloud

There's others out there too.....

FIX YOUR SHIT AND START USING IT AGAIN



If you have the time and energy, you can always [repurpose and fix your broken shit](#) so you can put it back to good use. Just make sure what you are going to fixing is even worth keeping. For example, instead of trying to fix an old TV, you might be better off just buying a new one. Also remember to *actually* make time to fix things - don't just keep the broke junk around for a rainy day project! If you don't get around to it in at least 30 days, you are better off throwing it away or giving it to someone else. Moving on.

JUST DUMP YOUR SHIT

When in doubt, just throw it out.



Sometimes shit just had to go straight to the dump. Don't let the dumpable stuff pile up, make cleaning out a regular thing - get your family involved too! Every 2-3 months go through the process of reviewing what you have in your house. Ask yourself - Do I really need this? When was the last time I used this? Does this really need to be here? Who else could use this?

Try dividing your items up into 3 piles: Give, Sell, Share. This will help you separate what you want to purge and get the most from it. And whatever doesn't fit into any of the 3, DUMP IT!

After while, you will find it easier to get rid of things. It may even become just as satisfying as getting something new!

Thanks for reading.

I really hope this e-book helped you let go of your shit. :-)



(This was my office before I realized I had too much shit)

Stayed tuned for my next e-book on www.hypegirls.com

Much love and cleanliness,

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