

12 Steps to Freedom from Stuff

1. We admit we are powerless over our stuff—that our lives are unmanageable.
2. We believe that a Power greater than ourselves can restore us to sanity, relieve our chaos, and empower us to let go of useless items.
3. Make a decision to turn our will and our lives over to the care of The Infinite Source of our understanding.
4. Take an inventory of our keeping behavior and of our stuff.
5. Admit to Source, to ourselves, and to another human that we had too much stuff, didn't have the ability to organize our belongings, nor the willpower let go of our useless items.
6. Become entirely ready to have The Infinite Source remove all these defects of character and self-judgments, and for Source to break the chains that bind us to our family history.
7. Humbly asked Source to remove our need to buy and keep too many personal and household items. Ask Source to instill in us a sense of having more than enough of all things necessary to abundantly support our lives.
8. Made a list of how having too much stuff saps our energy, keeps us from succeeding, and keeps us in the addictive drama of overwhelm.
9. Work the steps, develop an action plan for decluttering, and execute this plan.
10. Continue to take personal inventory and continue to declutter on a daily basis.
11. Seek, through prayer and meditation, to improve our conscious contact with Infinite Source, praying only for knowledge of our [dharma](#) and the power to carry that out.
12. Having had a spiritual awakening as the result of these Steps, we seek to live in freedom from stuff, and to practice these principles in all our affairs.

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