

Clearing Your Clutter And Transforming Your Life with Heidi Milton

Warrior Arise! Podcast [Show Notes]

The mission of the Warrior Arise! Podcast is to inspire, empower, and equip you to think, feel, and act like the powerful Warrior you are so you can Live and Lead bravely, freely, and authentically in your unique purpose and destiny. In each episode, I'll impart hope, passion, and wisdom from my own journey from struggling, striving, and surviving to thriving. You will glean my expertise as a highly sought-after therapist and coach for more than a decade. You'll also hear vulnerable, authentic conversations with fellow Warriors who will share their stories of living in and leading with courage, freedom, and authenticity in a passion fueled and purpose centered life.

As a result, you will awaken to your true essence and power and uncage from patterns of thinking and behaving that hinder you so you can live in deeper satisfaction and soar to next level success in life, work, and business! Victory and prosperity are our inheritance. Promised land living is your birthright. As Warriors, we must claim ownership and step into what is ours to possess.

A Professional Organizer and Family Management Coach, Heidi helps people create more order and peace in their spaces and in their lives. In this episode, she shares the struggles people have with the organization and life management and what causes it. She shares her passion for helping people clear the physical clutter that no longer serves them, and she explains the greater impact that has on them mentally and emotionally to be able to transform other areas of their lives. She also discusses her own personal struggles and how she experienced breakthrough from utilizing some of the same wisdom and principles she offers her clients. Encouraging and insightful, Heidi will inspire you to clear out your own clutter, deal with your "stuff", and create space for your best life.

During our conversation, Heidi:

- Enlightens us about how she impacts people and lives her purpose.
- Discusses why people get stuck in bondage and struggle and shares how she helps them get breakthroughs.
- Shares some amazing transformations that she witnesses from her clients.
- Walks us through her story, the things that kept her struggling, striving, and surviving, and how she broke free to thrive in life and work.
- Shares some of the key practices that she implemented that allow her to be her best, healthiest, and happiest version.
- Gives advice to those who are out there who are in the struggle right now and feeling overwhelmed and disorganized.

Heidi Milton is a Professional Organizer and Family Management Coach. She provides personalized one-on-one home organizing services in the Metro Atlanta area to help you find more order and peace through how you live work and play while managing all the "stuff" that goes along with it.

Her mission is to help you create more space for living your best life.

Heidi's skills are always put to the test in her own home where she and her husband strive to keep their blended household of 6 and their Golden Retriever happily organized.

Quotes from this Episode:

"When you're going through a dark time, whatever you focus on expands." — Heidi Milton

"I don't have to have all the answers. I'm just gonna take it one step at a time." — Heidi Milton

“I’m always trying to look for a way to encourage them, in spite of where they are, I always find something positive.” — Heidi Milton

“I’m doing things on purpose and with purpose.” — Heidi Milton

“Would I rather have the pain, the little bit of itchiness trying something different rather than just saying stuck here and keep having the same old broken record?” — Heidi Milton

Resources:

Website: <https://www.operationorganizationbyheidi.com/>

Facebook: <https://www.facebook.com/OperationOrganizationbyHeidi/>

Linkedin: <https://www.linkedin.com/in/heidi-milton-275b3926/>

Instagram: <https://www.instagram.com/operationorganizationbyheidi/>

Golden Timestamp:

31:09 - 32:30 - Talks about what she learned about herself and life.

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