

DECLUTTERING YOUR LIFE

What are some things in my life I feel I do not have control over?

What things are controlling me and negatively influencing my happiness and eternal progress?



What emotions do you want to drive you when decluttering your home and your life?



DECLUTTERING YOUR HOME

IDENTIFY

What area of your home do you want to declutter? Pick one thing.



Identify the feeling you want driving you and what thought you can think to create that feeling.



feeling:

thought:

ASSESS

Pull it all out. Take inventory of what you have and what is in there.



DECLUTTER

What do I want to get rid of? Are there any items that are broken, I don't use, or I don't love anymore. Ask yourself if this were at the store today would I buy it?



ORGANIZE

Visualize what you want the organized space to look like. Look at what you have decided to keep, are there any patterns or ways of grouping them together? What do you want to introduce? What items or bins or labels will improve the space?



Spend time getting those items and making the space how you visualized it.

TIDY-UP

Create a system to put things back where they were. Spend small amounts of time here and there tidying up the space. What system do you want to create?



DECLUTTERING YOUR MIND

IDENTIFY

What area of your mind do you want to declutter? Pick one thing.



ASSESS

Pull it all out. Take inventory of what you have and what is in there.
Write it all out on paper- don't screen or judge any thoughts that come out. Just write.



thought download:

DECLUTTER

What do you want to get rid of and which ones do you want to keep?
Circle the thoughts and feelings you want to keep and cross out the ones you want to get rid of.



DECLUTTERING YOUR MIND

ORGANIZE

Visualize yourself as the person you want to be, how do you feel, what thoughts do you want to think. Are there any additional thoughts or feelings you want to introduce? What story do you want to create?

Spend time practicing those thoughts and trying new ones on.

TIDY-UP

Get curious when the thought and emotions you want to get rid of pops up again, get coached or continue to gain awareness around what is or isn't serving you. Redirect your brain and practice believing the new thought. What are your favorite thoughts to redirect to. Write them here.