









## *Decluttering Your Life*

### **DECLUTTER YOUR HOUSE:**

So, when you think of your house, what parts of your house gives you the most anxiety? What parts of your house that if it was decluttered would give you so much joy? Is it a specific room, is it a closet, drawers, toy box, pantry? Take a moment and just think of the thing you want to accomplish. If there are several, you can write them all down but just remember that you don't need to do them all.

The second part is to identify WHY you want to get it done. How will you feel if you get these things done?

Ok, write down, beautiful. Let's make this happen.

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Now, the WHY. Why do you want to do this? How will it make you feel?

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### **DECLUTTER YOUR WORKSPACE:**

We spend most of our time working. The majority of our day we spend in an office or a physical space. The kicker is, we have several things in our working environment that are causing us mental stress. Take a look at your work environment and ask yourself what could you declutter that would make a positive impact on your life?

Maybe your e-mail needs to be organized, your physical space organized, filing that needs to be done, maybe some labeling would make your life so much easier, maybe you need to go paperless... what would be a HUGE win if you could declutter?

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Now, the WHY. Why do you want to do this? How will it make you feel?

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## *Decluttering Your Life*

### **Our 7 Day Challenge (Monday, March 16th, 2020)**

Knowing is one thing, doing the dang thing and following through is where the magic is. SO, to help keep you accountable, we are going to do a 7 day challenge.

During this 7 day challenge you are going to pick something to work on every day. More will be explained on the call tonight. BUT, I want you to take a look back on your work and see which items you really want to work on and see how you can work them into your week. You might decide you want to tackle one BIG thing and break it down in bite size chunks. OR you might decide to do one thing each day. Either is totally acceptable. The goal? To take action every day.

So, let`s work it out.

What item(s) do you want to crush during the challenge?

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How are you going to break them down each day?

**MONDAY:**

**TUESDAY:**

**WEDNESDAY:**

**THURSDAY:**

**FRIDAY:**

## *Decluttering Your Life*

Our 7 Day Challenge (Monday, March 16th, 2020)

SATURDAY:

SUNDAY:

\*\*Make sure you look at your commitments and time and schedule it in.\*\*

Now, you know how I feel about rewards. What are you going to do when you crush this goal?

REWARD: