

# "The first step in crafting the life you want is to get rid of everything you don't."

Ok ladies, Spring is almost here. I promise you, it is right around the corner. The days are getting longer, the end is in sight. My goal this spring is to DECLUTTER. We have so much stuff that we are not using and taking up so much space... physically and mentally. Side note, anyone else find it hard to focus and feel at ease when your space is a mess? Hands up if you can relate.

So, let's start with a brain dump on things you want to declutter. List all the things that cause you pain or frustration in your home. What has been on your to do list for DOGS AGES to get done but you keep putting it off because you don't know where to start. I get it ladies. I GET IT. But, let's make a change and COMMIT to getting rid of all that clutter.

Dump it all out below. Write it all down ALLL of it. Remember that you can come back to this list at anytime. This is just a quick start to see where it is YOU want to focus on and what your biggest pain points are.
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We are going to commit to getting rid and decluttering different areas of your life. These areas are ones that I believe has the biggest impact on you. These are your major **DECLUTTER ZONES.** 

Declutter Friendships \* Declutter Mental Health \* Declutter House \* Declutter Workspace

For each category, I want you <u>pick 1-2 things you will focus on</u> during our challenge in this category. I will give you some guidance to help you.

#### **DECLUTTER FRIENDSHIPS:**

I put this one first because this one is hands down the toughest one to think about and even more difficult to implement. First, I want you to think of any people in your life that are toxic, that are negative and are really pulling you down. You may need to consider decluttering the energy you are giving, removing toxic relationships or putting in boundaries. I also want you to take a look at your social media. Do you have people on your platforms that are negative, that are posting things that does not align with you? You may want to unfollow those who are triggers.

Your community is so influential and plays such an important part in your success, happiness and mental clarity.		



#### **DECLUTTER MENTAL HEALTH:**

Another thing that is probably holding you back from doing the physical decluttering is the mental cluttering you have that is occupying your time. For this section, we are looking at all of your commitments and your habits that you have that are holding you back. Our first activity is going to help you see where you need to make some adjustments. Check out the example.

Commitments	Habits
Volunteer 3X a week	Morning Routine
Bring Max to bowling 3 X a week	Watching 2 hours of Netflix at night
Exercise class 3 X a week	Facebook first thing in the morning
Tutoring 2 X a week	Watching TV right before bed
Doctors appointments	Chatting during lunch
Errands every day after work	Eating in front of the TV
Grocery store 2X a week	Binge eating at night

Now your turn. Fill out the chart below.

(These can be chores, tasks, obligations, appointments, etc)

<u>Commitments</u>	<u>Habits</u>



#### **DECLUTTER MENTAL HEALTH:**

Now, ask yourself. What things can go? Are there any commitments, chores or habits that you can let go of, delegate or batch together that would feel GOOOOOD to let go of? Take a moment to look over your chart and see if you can come up with solutions. If you have ar questions on how to do this, let me know. Oh and don't let that guilt creep in and say oh I can't put that on someone else I SHOULD do that.	
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Now on to the physical decluttering.

#### **DECLUTTER YOUR HOUSE:**

Physically decluttering is usually easier to do than mentally decluttering, it just usually comes down to just starting it, knowing what you want to do and getting to it. Our 5 day challenge will help with your productivity but YOU have to choose what you want to do and where you want to start.



#### **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.

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



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



FRIDAY:

### 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.

every day.
So, let's work it out.
What item(s) do you want to crush during the challenge?
How are you going to break them down each day?
MONDAY:
TUESDAY:
WEDNESDAY:
THURSDAY:



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: