

DECLUTTERING PLANNING PACKET

DON'T LET A MESSY HOME STRESS YOU OR YOUR KIDS

PLANSIMPLE
Meals

DECLUTTERING PLANNING SHEET

Describe your ideal home.

How do you feel when you are in this home?

How would feeling this way help you lead your ideal life?

Don't think too hard about the next one. Write down the first things that come to mind.

What are 3 things you can do this week that will take you 30 minutes or less to make your home feel this way?

1

2

3

On a scale of 1–10, how important is it to master your space? Circle one.

1

2

3

4

5

6

7

8

9

10

If you were a 7–10, keep going. Any less, I would tuck this away for a later date.

“You can have it all. Just not all at once.”

– Oprah Winfrey

With Oprah’s smart words in mind, what are you willing to let go of to create the space and time for this important work? *Maybe you give Netflix a break or ask someone else to take on dinner once a week. Maybe you tell your kids that you need to do this for a month and let go of the guilt you feel, or maybe you need to let go of the mess that will happen in the process of doing this work well.*

Once you know how you will make space, take out your calendar, and block out some decluttering time. *See if you can find 10 hours over the next 4 weeks.... I dare you.*

Use the list below to help you decide how to fill those decluttering blocks. Check off 10 things from the list that really resonate. No more than 3 should be about taking in information. *The idea is to be a learner but also a doer.*

Here are some ideas.

LEARN

Buy the Marie Kondo book.

Read or listen to the Marie Kondo book.

Listen to Decluttering with Dierdre and take notes.

Listen to the Feng Shui episode and take notes.

Listen to the Anna Kunnecke episode and take notes (she has great small changes!).

Listen to the the Marie Kondo Method episode

DO

Marie Kondo your clothes (if this feels overwhelming, use one of the break down tasks below).

Marie Kondo your tops.

Marie Kondo your bottoms.

Marie Kondo your accessories.

Marie Kondo your books.

Marie Kondo your papers.

Marie Kondo your food.

Marie Kondo your kitchen appliances.

Marie Kondo your kitchen tools.

Marie Kondo your sports/exercise equipment.

Marie Kondo your electronics.

Marie Kondo your photos (note that Marie recommends doing sentimental stuff last).

Clean off your workspace.

Feng Shui your bedroom.

Get everything out of your bedroom that does not support your relationship.

Add things into your bedroom that do support your relationship.

Figure out the bedside table and lamp situation in your bedroom.

Get new sheets.

Put the Feng Shui Bagua map over your house and see where you want to upgrade.

Add an out box by your door.

Create a system for your papers.

Find a friend to do a walkthrough of your home and help you see clutter.

Do a clutter walkthrough for a friend.

Clean off your computer desktop.

Clean unused apps off your phone.

Organize your digital photos.

Find a friend who will do any of this work side by side with you for accountability.

Clean out your pantry.

Fill your pantry with “abundant food.”

Fit the things you picked and fit them into the time blocks you have allotted. *Be as real as you can. It may take you 8 hours to do your clothes, so find that time in segments if you need to. It takes time. Go back to your vision at the beginning of the worksheet to inspire you!*