

DECLUTTERING CHALLENGE

CHOOSE 3 AREAS TO DECLUTTER TODAY

- 2 quick ones (e.g. 5 minutes each)
 - 1 longer (30-60 minutes)
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- When choosing, look around you and listen in to the emotional reaction you have – the area that brings the most ‘arrgghh’ is the one to tackle first.
 - Then choose a ‘fun’ one.
 - Set an alarm (work expands to fit the time available, remember!)
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IDEAS

Home

- Fridge
- Makeup drawer/container
- Bedside drawer
- Linen cupboard
- Books
- Magazine pile
- That miscellaneous box that everything gets thrown in
- That pile that you dread (TIP-start there)
- Things that were gifts but you don't love, but you are hanging on in case you 'offend' the giver
- Your second or third drawer down in the kitchen

Lifestyle/Other

- Your wallet
- Your handbags
- Your car
- That pile of holiday brochures
- That musical instrument you'll probably never play again

Emotional & mental

- Beliefs that are unhelpful
- Fears
- Excuses
- Bad habits
- Relationships that bring negativity
- People (or self) you've not forgiven

Office

- Pen/pencil pot/holder
- Top drawer of desk
- Clients you are over servicing and who drain you, or aren't really your dream clients
- Your email lists/subscribers. Are you hanging on to unsubscribes so your list doesn't look smaller! Declutter and start clean.
- Filing cabinet

Electronic

- Old texts and messages
- Facebook friends that just make you feel bad (unfollow or hide them from your feed for a while)
- Facebook feed – pages you liked once
- People on Instagram that make you feel bad about yourself
- Email subscriptions you never get around to reading
- Emails to zero
- Your 'sent' box
- Desktop on computer
- Downloads folder on computer
- Files on computer / Dropbox
- Apps on your phone or iPad

Other

- _____
- _____
- _____