



WITH PATRICIA LOHAN

FENG SHUI FLOW

MODULE TWO

INVENTORY OF YOUR HOME...

*Start at your Front Door Analyse each
area item and tick which 'class' it fit
into*



INVENTORY OF YOUR HOME...

Front Entrance *Economy* *Business Class* *First Class*

Front Door

Door Handle

Welcome Mat

Plants

Doorbell

Entry Way

Hallway

Name / Number

Flooring

First Impressions

Art Work

Paint

Storage

Economy

Business Class

First Class

Overall Feel

Living Room / Family Room

Economy

Business Class

First Class

Couch

Other furniture

Flooring

Art Work

Paint

Plants

Curtains

Cushions

Overall Feel



INVENTORY OF YOUR HOME...

Kitchen

Economy

Business Class

First Class

Kitchen Table

Chairs

Cooker

Fridge

Artwork

Flooring

Paint

Crockery

Serving Dishes

Pots and Pans

Silverware

Dining Room

Economy

Business Class

First Class

Cooking Utensils

Small Kitchen Appliance

Artwork

Knives

Dining Table

Overall Feel

Chairs

Décor

Flooring

Storage

Napkins

Fruit Bowl

Overall Feel



INVENTORY OF YOUR HOME...

Master Bedroom

Economy

Business Class

First Class

Mattress

Headboard

Storage

Wardrobe

Hangers

Linen

Duvet

Pillows

Throws

Reading Lamps

Other Bedrooms

Side Tables

Economy

Business Class

First Class

Flooring
Mattress

Artwork
Headboard
Overall Feel
Linen

Storage

Flooring

Paint

Side Tables

Overall Feel



INVENTORY OF YOUR HOME...

Bathrooms / Toilets

Economy

Business Class

First Class

Artwork

Paint

Flooring

Towels

Bathroom Mat

Soap

Shower Power

Storage

Plants

Other Rooms

Economy

Business Class

First Class

Overall Feel

Pantry

Laundry Room

Closets

Toy Room

Conservatory

Car Garage

Outdoor Areas

Outdoor Furniture

Garden

Lawns

Flowers



REFLECTION OF INVENTORY OF YOUR HOME...

Mostly Economy?

Mostly Business Class?

Mostly First Class?



REFLECTION OF INVENTORY OF YOUR HOME...

What's the most surprising thing that came up

Top 3 Economy?

Top 3 Business Class?

Top 3 First Class?



REFLECTION OF INVENTORY OF YOUR HOME...

What could you upgrade today?



BEFORE YOU START TO DECLUTTER

1. As you Declutter be 100% clear on what you are welcoming in to replace it with.

2. Listen to your self talk as you declutter

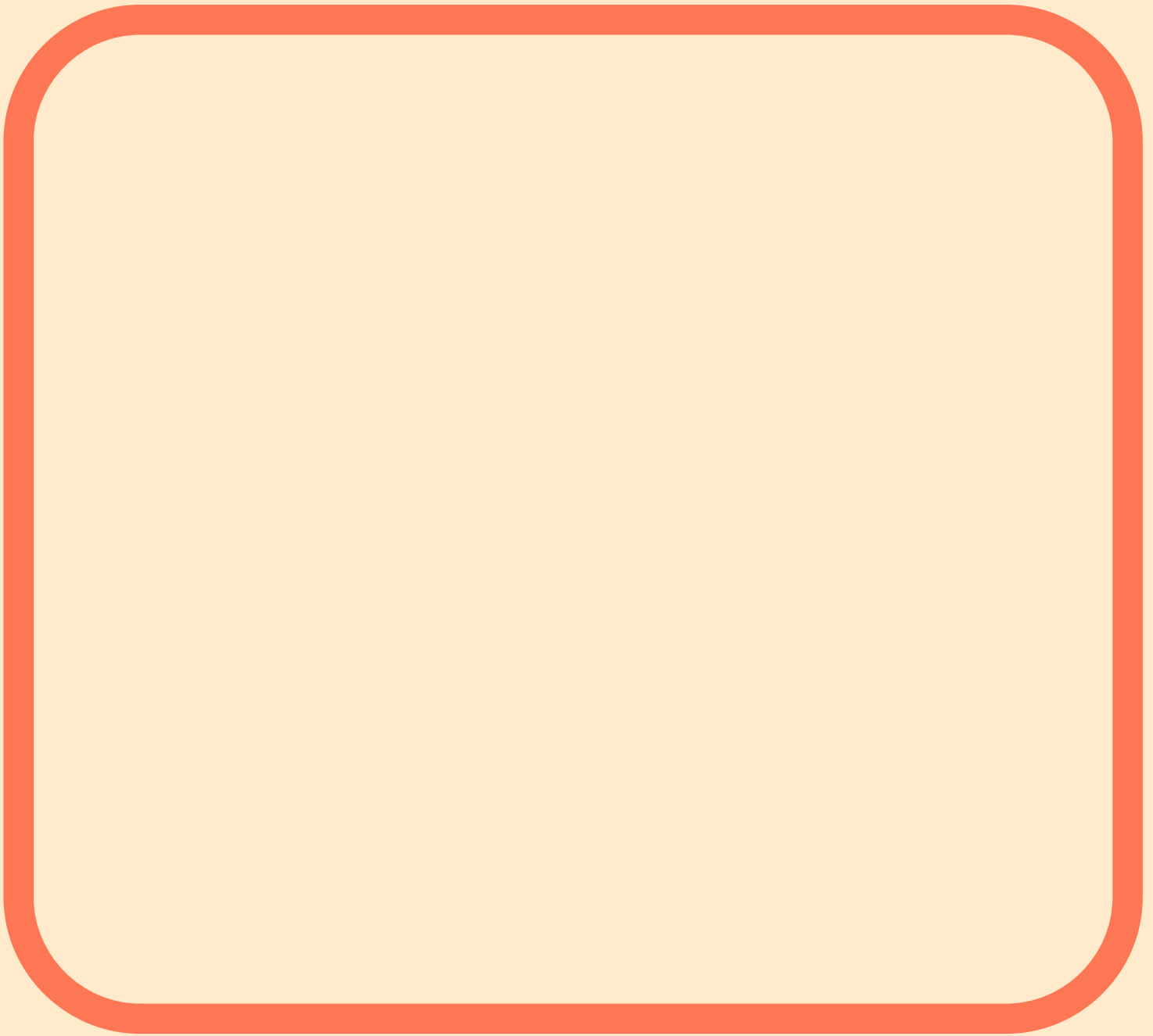
This can give HUGE clues to why you are still stuck in parts of your life!

3. Be Gentle - its an emotive Process - This doesn't need to be ALL done in one go - one layer at a time!



WHAT ARE YOU WELCOMING IN AS YOU DECLUTTER?

Hint! What's your intention for the course?



DECLUTTER TIME

Declutter Intensely AND Completely

FOR BEST RESULTS FOLLOW THE EXACT ORDER CROSSING OFF EACH ONE

1. Clothes

Tops and bottoms

Dresses

Pajamas

Jackets

Handbags

Belts

Hats, Scarves & Gloves

Shoes & Boots

Socks & Underwear

Jewelry

Costumes

Athletic Clothes

2. Papers

Coupons & Receipts

Tax Files

Warranties & Manuals

Important Documents

Bills

Greeting Cards

Wrapping paper

Checkbooks

Lecture Notes

Business Cards

Recipes

3. Books

Cookbooks

General

Kids

Magazines

Reference & Textbooks

Phone Books



QUIZ TIME

Declutter Intensely AND Completely

FOR BEST RESULTS FOLLOW THE EXACT ORDER CROSSING OFF EACH ONE

4. Miscellaney

General DVDs & CDs
Video Games
Cards & Remotes
Craft Supplies
Pet Supplies
Coins

5. Kids Stuff

Kids Toys
Bath Toys
Outdoor toys
Sport Equipment
Board Games
Puzzles

6. Cleaning Supplies

Cleaning Sponges,
Scrubbers,
Rags
Cleaning Products
Mops,
Brooms,
Vacuums
Buckets & Rubber Gloves
Pest Control
Laundry & Ironing Supplies

7. Office

Gift and rewards cards
Office Supplies
Appliances
Computers



DECLUTTER TIME

Declutter Intensely AND Completely

FOR BEST RESULTS FOLLOW THE EXACT ORDER CROSSING OFF EACH ONE

8. Kitchen

Fridges

Coffee/Tea/Alcohol

Supplements & Vitamins

Utensils

Silverware

Knives

Oven Mitts

Pots, Pans

Baking Sheets

Baking Accessories

Dishware

Stemware

Cups and Mugs

Travel Cups & Water Bottles

Paper Supplies

Dishtowels & Aprons

Misc (straws, chips chips)

Small Appliances Storage

9. Decor

Picture Frames

Artwork & Mirrors

Lamps

Furniture

Lamps Candles

Pillows & Blankets

Vases

10. Tools & Hardware

Maintenance Tools

Gardening Supplies

Light Bulbs

Batteries Flashlights



DECLUTTER TIME

Declutter Intensely AND Completely

FOR BEST RESULTS FOLLOW THE EXACT ORDER CROSSING OFF EACH ONE

11. Bathroom

Medicine

Skincare and Shaving

Make Up

Brushes

Hair Supplies & Brushes

Samples & Travel Sizes

Oral Hygiene Items

Soap & Body Wash

Perfume

Feminine Supplies

12. Sentimental Items

Photos & Albums

Journals & Diaries

Memorable & Souvenirs

Scrapbooks

Personal Letters

Heirlooms

Trophies

13. Linen

Sheets

Duvets

Blankets

Towels & Washclothes

Well Done!



REFLECTION TIME

Decluttering is a Highly Emotive Process

TAKE SOME TIME TO JOURNAL ABOUT THE PROCESS?

Where did resistance come up?

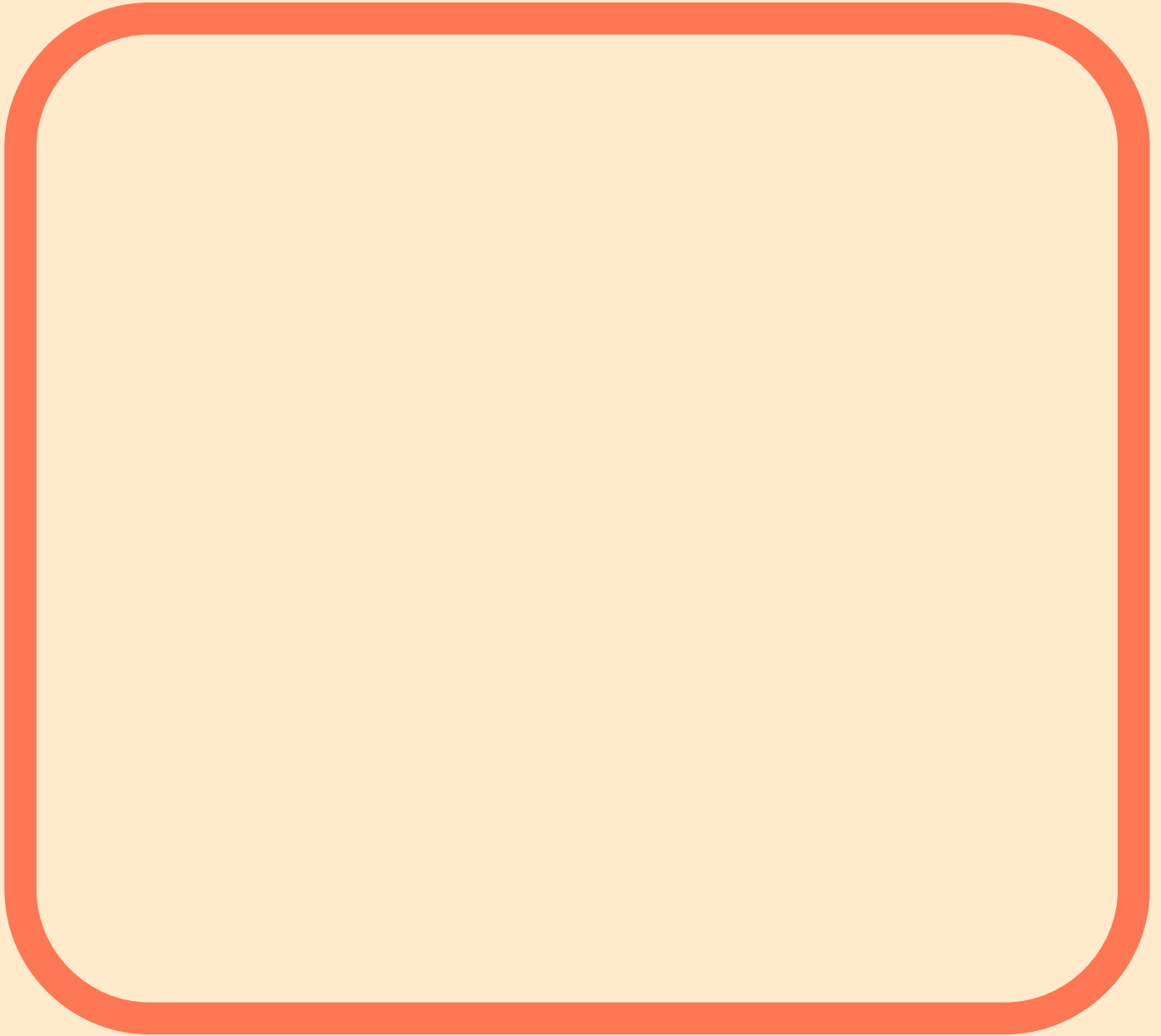
What things did you not want to let go off?

Why do you think you wanted to hold onto them?



CORD CUTTING MEDITATION

Reflect on your experience doing the cord cutting!



ACTION STEPS



Deep Clean your Home



Fix anything that is Broken



SACRED SPACE CLEARING

*Reflect on your experience doing
the Sacred Space Clearing*



JOURNAL TIME..

Reflections After This Module!

