

Harmonious Home

How to Conquer Clutter to Increase the Hum in Your Life

Focus on one thing and finish it...so you can bring that finishing energy to the next project or task.

Session #1 Indoor Spaces (template for each room)

1. **Decide where to start.** You will eventually select just one room, but for now, select two rooms from the list below that you would most like to declutter and organize this week. List the biggest reasons for your interest in working on these two rooms. Why is that room important to declutter and organize? What do you want to accomplish and why? What outcome do you want (so what?)

Example: *Kitchen: more pleasant to be in, easier to prepare meals, easier to put things away (groceries, dishes, etc.), more likely to cook and eat at home, it's the hub of the house and affects everything else, it's my favorite room, etc.*

Kitchen

Bathroom

Living Room

Office

Bedroom

Kid's bedroom

Family Room

Dining Room

Other Room _____

Review your reasons for wanting to start with each room and decide which room to focus on first – this week.

This is the room you will work on first _____

2. **Do an assessment of the room.** This section will help you troubleshoot and begin to develop a system so you can solve the trouble spots.

What bugs you about the room?

What feeling does it bring up in you when you enter it?

For each cluttered area of the room (desk, closet, floor, furniture, counter top, side table, etc), answer these three questions:

What is the cluttered/disorganized area _____

Why does it get cluttered/disorganized _____

What system/action can you put in place to eliminate this as a problem _____

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3. **Imagine the room as you would like it to be and describe it.** What feeling does it bring up in you? What about this new vision inspires you? Is your vision strong enough to pull you forward? Is it stronger than your resistance or other obstacles?

4. **Get clear on your obstacles/barriers/resistance to working on this room.** What stops you from taking action? What fears do you have—list them? Next to each fear, write a possible solution to eliminate that barrier or resistance.

Fear/obstacle/barrier

Antidote/Possible Solution

Additional thoughts.....

List everything that needs to be decluttered and organized in this room as action steps (clean X, throw out Y, find a larger bookshelf, etc.) This may be a very long list. Don't worry. You can check things off one by one as you complete them. This section provides your road map so you don't get lost and overwhelmed.

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Will you commit to taking the actions you have laid out here?

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