

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 #2 Outdoor Spaces

1. **Decide what you will work on in your Outdoor Spaces.** Will you clean up the front and back yard, the deck/patio or will you work on your car or other vehicle? Will you work on the storage shed? List the biggest reasons for your working on each of the outdoor spaces below. Why is that item important to declutter and spiff up? What do you want to accomplish and why? What outcome do you want (so what?)

Example: *Shed*—so I can clear out space and be able to find things, so I can stop hoarding things I don't need and just keep the best stuff, so I can get rid of everything in the shed so I won't have to pay a monthly fee! Yay freedom ☺

Shed

Walkway

Front Porch

Deck/Patio

Weeding

Removing Trash (including rusted, decomposing, broken items)

Front Yard

Back Yard

Other _____

Other _____

Other _____

Review your reasons for wanting to start with each area you selected above and decide where you want to start – week 2. And of course you know, that you may not get it all tidied up this week. You can take as long as you need to reach this goal.

What area will you start with first _____

2. **Do an assessment of the outside spaces (e.g., yard, deck, patio, walkway, car, storage shed).** This section will help you troubleshoot and begin to develop a system so you can solve the trouble spots.

What bugs you about your outside spaces?

What feeling does it bring up in you when you see them?

For each cluttered area of the outside spaces (deck/patio/front porch, storage shed/car/walkway, 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 outside spaces as you would like them to be and describe your vision here.**

What feeling does your outside space (shed, vehicle, etc.) 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 these outside spaces.**

What stops you from taking action? What fears do you have—list them? Next to each fear about taking action on your outside spaces, write a possible solution to eliminate that barrier or resistance.

Fear/obstacle/barrier to taking action

Antidote/Possible Solution

Additional thoughts.....

List everything that needs to be decluttered and organized in these outside spaces (clean out X, throw out Y, put away Z, 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.

This image shows a blank sheet of white paper with horizontal ruling lines. The page is divided into two equal-width vertical sections by a central vertical crease. Each section contains 20 evenly spaced horizontal lines, providing a template for writing or drawing.

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

Yes

Sign Your Name Here

Date _____