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Module Five

Lesson 1 home play - decluttering

Ideas on where to start

Check out the list below to see where you can start decluttering. Remember to start small, and build the momentum. Rome wasn't built in a day! Nor can you declutter everything in one day, so don't look at it like you're about to climb Mount Everest – pick one small thing from the list below and start there. Once you've done that then tick it off, and if you're in momentum and want to carry on then move straight onto the next thing. Pick at least one thing from the list to declutter each day. If there's an area of your wheel of life that really needed some work then focus on decluttering there first – if relationships are a problem, start with the bedroom. If work/career is the big issue then start by decluttering your work environment or old resumes.

Stuff that has to go:

- Anything that causes you daily aggravation
- Anything broken, ill-fitting, “needs repairs” or doesn't fit with the new ideal version of you
- Anything that isn't really you
- Any reminders of past failures
- Anything you're keeping out of obligation or guilt
- Anything that doesn't really have a place or purpose anymore

The excuses that will come up:

- I'll wait until I have the money to replace it (this is lack mentality and the Law of Attraction actually works so that the new thing will show up when you give up this lack mentality – by throwing it out, you're trusting that the Universe will find a way to replace it for you)
- It was really expensive (if it's hideous or useless chuck it out)
- I need it – do you? Do you really? When was the last time you used it?
- I can't throw it out because it was a gift – yes you can :)

Kitchen

- Kitchen drawers
- Kitchen cupboards
- Benchtop
- Pantry
- Fridge
- Fridge door – magnets and paperwork
- Freezer
- Pots and pans
- Plates
- Cutlery
- Glassware
- Mugs
- Appliances

Bathrooms

- Make up
- Lotions and potions
- Medications
- Shampoos and conditioners
- Bathroom towels
- Toothbrushes
- Bathroom cabinet

Bedroom (repeat for each bedroom)

- Bed linen
- Pillows and quilts
- Bedside table
- Lamps and other accessories
- Window sills
- Curtains/blinds
- Under the bed crap!
- Wardrobe – clothes, shoes, coats, hangers
- Chest of drawers
- Undies drawers – chuck out anything with holes in, anything that makes you feel yuck when you wear it

Laundry room

- Laundry cupboard
- Cupboard under the laundry sink – any old liquids etc that are stored there

Office space

- Desk area
- Stationary
- Papers
- Printer and other accessories
- Lamps
- Books
- Desk drawers
- Bookshelf

Garage

- Shelving units
- Cupboard
- Old oils
- Tools
- Boxes of crap that have been stored there

Garden

- Garden tools
- Weeds
- Plants that haven't been planted/potted
- Anything broken
- Outdoor furniture
- Garden hoses
- Bags of fertiliser/soil etc

Phone

- Old messages that can be deleted
- Old pictures that you've downloaded already
- Apps you don't use
- Phone numbers you don't use

Computer

- Delete old emails
- Unsubscribe from emails you don't read or want
- Delete old files
- Delete apps or software programs you no longer use

Enjoy!

Coach Carly xx