

Decluttering Seminar Worksheet

Get Clear on Your Decluttering

Please answer the following questions.

FAMILY

Regarding clutter and decluttering:

- What have you learned to do from your family or those around you that is helpful?

- What habits have you taken on from family or those around you that are no longer serving you?

- What (deliberately or unconsciously) are you doing in opposition to what those around you did?

MONEY

In terms of your clutter or decluttering:

- What unhelpful beliefs are you holding onto regarding money and spending?

- How do you feel about wastage, unused items and unworn clothing?

- How do you enjoy shopping?

WARDROBE

Looking at your clothing, accessories and footwear:

- What percentage of your items are you currently wearing?

- Which of your current items would you buy again?

- If your wardrobe was to talk to you what would it say?

HOME

- How do you feel when you walk into your home?

- What is your clutter stopping you from seeing, hearing or feeling?

- What is currently missing from your home?

SELF-IMAGE

- How influenced by advertising and media are you in terms of what you buy, use and wear?

- Who makes the decisions around the style of your wardrobe and home?

- How strong is your self-image?

LIFE

In terms of your life areas (Home and Possessions; Intimate Relationship; Family and Friends; Career and Purpose; Money and Finances; Health and Wellbeing; Hobbies and Interests; Growth and Development)

- Which areas of your life are cluttered?

- Which areas of your life are disorganised?

- What are you not letting go of in your life?
