

# 6 STEPS TO TAKE BEFORE STARTING A

# Decluttering Project

# WORKBOOK



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BEFORE STARTING A

# *Decluttering Project*

WORKBOOK

GET THE STEP-BY-STEP  
INSTRUCTIONS:

CLICK TO READ INSTRUCTIONS

OR GO TO

<https://www.saturdaygift.com/6-steps-before-decluttering-project/>



# THE 6 STEPS

① TAKE A LOOK

② WHAT WORKS?

③ WHAT DOESN'T WORKS?

④ BE THE DREAMER

⑤ BE THE REALIST

⑥ ACTION PLAN





# TAKE A LOOK

**Write down answers to these:**

My home is \_\_\_\_\_ (write something positive)

but \_\_\_\_\_ (write something you don't like about your home)

Then say the same sentence, but change the word "but" to a word "and"

My home is \_\_\_\_\_ and \_\_\_\_\_

Is there a difference between these sentences? YES / NO

Which one is more positive / makes you feel better?

\_\_\_\_\_





# TAKE A LOOK

**Write down answers to these:**

If I would describe my home to someone with one or two words,

the word(s) would be \_\_\_\_\_ and

\_\_\_\_\_

If this would be my friend's home and I would have to describe it

to someone with one or two words, the word(s) would be

\_\_\_\_\_ and \_\_\_\_\_

Did you describe them differently? YES / NO

Which one was nicer/more positive? \_\_\_\_\_

**And fill the blank:**

My home looks/feels like it needs to be

\_\_\_\_\_





# WHAT WORKS?

**Write down answers to these:**

What's great about my home?

---

What I really like about my home?

---

What works well in my home?

---

My favorite room / area is \_\_\_\_\_

because it's \_\_\_\_\_

and it makes me feel \_\_\_\_\_

My second favorite room / are is

---

because it's \_\_\_\_\_

and it makes me feel \_\_\_\_\_





# WHAT DOESN'T WORK?

**Write down answers to these:**

What is not so great about my home is

---

What I don't like about my home is

---

What doesn't work well in my home is

---

My least favorite room / area is

---

because it's

---

and it makes me feel

---

My second least favorite room / are is

---

because it's

---

and it makes me feel

---





# BE THE DREAMER

**Write down answers to these:**

If I could have anything, I would love my home to look/feel/be more

\_\_\_\_\_ and \_\_\_\_\_

If money wouldn't be an issue, I would love my home to look/feel/be more

\_\_\_\_\_ and \_\_\_\_\_

If I would have all the time in the world to really change my home, I would love my home to look/feel/be more

\_\_\_\_\_ and \_\_\_\_\_

If I could change my least favorite room/area

it would look/feel/be more \_\_\_\_\_

because that would make me feel

\_\_\_\_\_

and it would make my life more







# BE THE REALIST

**Write down answers to these:**

How much time am I willing to put into decluttering / organizing my home to my liking? \_\_\_\_\_ hours per day/week/ month

How often am I willing to do tasks towards the preferred outcome?

\_\_\_\_\_ times a day / a week / a month

How much money am I willing to invest in this project?

\_\_\_\_\_ (towards tools, boxes, knowledge, outside help, other)

Am I willing to go through the feelings the project might arise? YES / NO

Is there something I would need help with? YES / NO

Do I need more knowledge, step-by-step instructions, someone to do the organizing/decluttering with me, or something else





# ACTION PLAN

## **S=Specific**

analyze room by room

which area needs your attention/needs improvement

choose a room/area

## **M=Measurable**

take before and after pictures

choose some of the following:

how many things you decluttered

how many things you kept

how many things you moved to another area

how much money can you get by selling the items

how many could you donate

WANT TO CREATE A SMART  
DECLUTTERING ACTION PLAN?

CLICK HERE!

OR GO TO

## **A=Assignable**

choose who does the job (in most cases this is going to be you.)

## **R=Realistic**

what kind of resources you have

(rooms, closets, cupboards, drawers, boxes etc.)

and what can be achieved with those

## **T=Time-related**

how much time you have at hand

what can you realistically achieve in that amount of time

<https://www.saturdaygift.com/how-to-create-smart-decluttering-action-plan/>

