

SIMPLYFING YOUR HOME

Keep these questions in mind as you go through the simplifying process. Refer back to them as often as you need.

1. Do I use this item regularly? Have I used it in the last 6 months?
2. Does this item make me smile, or serve a purpose?
3. Do I have another item like this somewhere else? Do I REALLY need duplicates?
4. Does this item have true sentimental value? Do I truly love it, or am I keeping it out of obligation?
5. Is this item necessary for my family to live our best lives right now?

Identify the trouble spots in your home, and prioritize the ones that are most important to you. Work on those areas first keeping the 5 questions above in mind.



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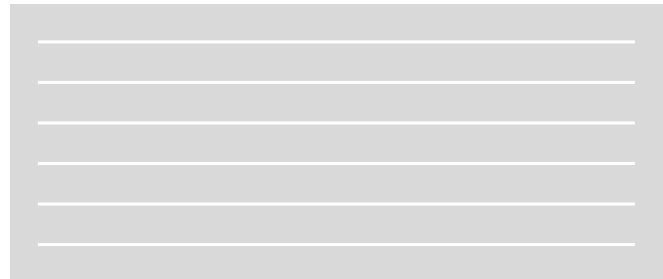
1). Which areas of your home bring you the most joy?



2) What about those areas brings you joy?



3). Which areas of your home cause you the most stress?



4) How can you eliminate or reduce the areas that cause you stress? Create actionable solutions. I.E. Create a paper clutter system, etc.

