

Declutter Guide



*A Declutter Guide to clear the pathways
that interfere with where you want to be.*

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Welcome!



Over the past 20 years, I've helped women and mothers achieve a lifestyle that encourages healthy relationships with themselves, partners, children and their Lord. Through this experience, I've had the opportunity to see what works and what doesn't when it comes to pushing past the negative mindsets or habits that trap us into living a life we didn't volunteer for. And now, I'm sharing these tips with you.

This guide will help you:

- Create your own a declutter system that unpacks emotional attachments you may hold
- Renew the energy in your household and the relationships around you
- Find and reflect about objects significance
- Establish some new goals in different areas of your life

Let's get started.



When I first approach this subject people often imagine a pile of paper, clothes or an unvisited cupboard that hold years of unfinished business being the object of a declutter.

Objects hold memories, from a lipstick to a photo, which means that to let go of some things may be more difficult than others. And here to support you all the way.

01

Why do you need to declutter?





I couldn't move forward without letting go of the past and rediscovering who I had become.

Everyday we do enough to stay on top. Once a week we may go a little deeper, hoovering and cleaning. But how often do we go through the drawers, the cupboards and the wardrobes.

Objects have a story, it might be in relation to children or loved ones that are present or deceased. We are not always ready to fully absorb the experience or let go of the emotional attachments we build.

The aim of decluttering is to clear any toxic or negative pathways that stand in the way of you achieving your own ambition. What did we want before other peoples needs interfered with our own?

It is not a process that should be rushed. Embrace the experience, deal with whatever it presents, at the end of the declutter you will feel ready to take charge of the next direction in your life.

”
I felt like a weight had been lifted. I cried over things that held so much memory, I was grateful for others. Something I want to repeat every year to stay on top

Sarah

2- DECLUTTER BRAINSTORM



*To help you start thinking about the areas in life
here is a little help*

Your House

- In the Kitchen is everything in date? Do you know where everything is?
- How clean is your house? Could it be better? If so why?
- What is not being used in your house? Clothes, curtain, bedding, toys...
- What type of space could encourage prayer or meditation? Bedroom, Front room? Smells, Sounds, Noise, Privacy, Space

Frequented Spaces

- Where do you spend most of your time? e.g.: Car, Office, Gym work
- What improvements can be made to this space? e.g.: smell, photos, hygiene
- How much does your space effect you in good or bad times?
- When can you make time to enjoy your space? Break time, before or after work

Finance

- What is your relationship with money like?
- How much do you have coming in and going out?
- What would you do with £100,000?
- What skills do you have to create an extra income?



3- PRIORITISE- ROADMAP

Decluttering prepares us for a future that encompasses our strengths and our weakness to be great at something that gives us a purpose of life.

1

Declutter

Focus on one area of declutter, schedule your timetable so that you do not become overwhelmed with what needs to be done yourself.

2

Organise

Get in the habit of creating piles, Keep, throw, and charity. Remember to make time for holding each object and showing gratitude. Allow yourself to revisit a memory and give positive closure to it before making a decision.

3

Cleanse

Cleansing the space isn't just about cleaning, it maybe about redecorating, playing religious or different frequencies to reframe the area, preparing your space for a mindset ready to move forward.

4

Relationships

Decluttering will force you to visit many areas of your life, relationships is one of them. Take time to think about your relationships with God, food, family, friends, work, self, money. Use a journal to write down and affirm toxic or positive people around you for your well being. Anything that does not benefit you should be taken out of your primary circle.

5

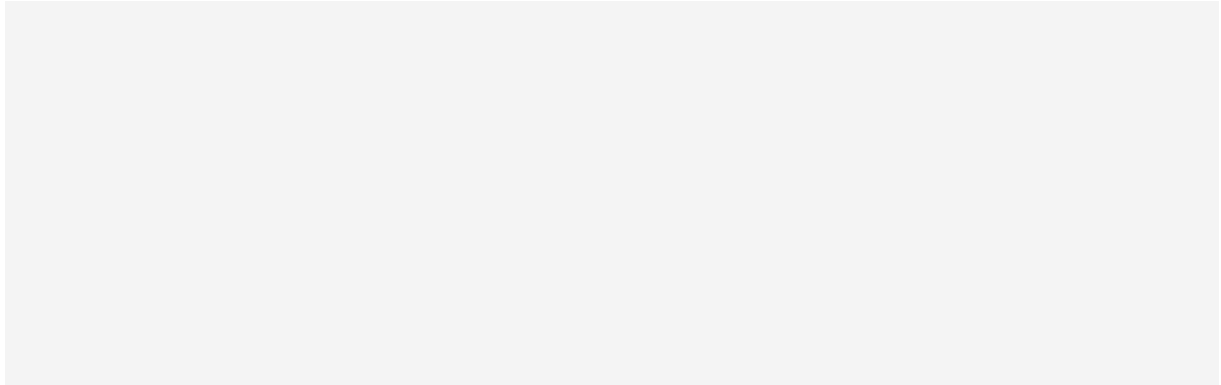
Finance

Do you know how much you have coming in or going out. Decluttering helps you see your pattern of spending. Create a spreadsheet that helps you establish where you are. This may be the opportunity for you to explore work, education or becoming your own boss!

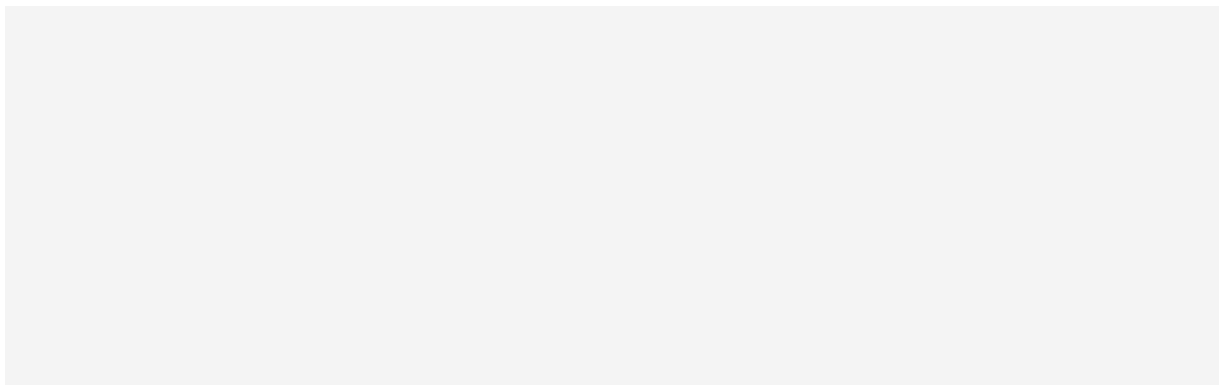
4- DECLUTTER GOALS

Use the Stages of Declutter to think about the different areas of your life, your house, your relationship with God, Yourself, Your children, your family, or your loved ones. What actions do you need to take in each area to begin decluttering?

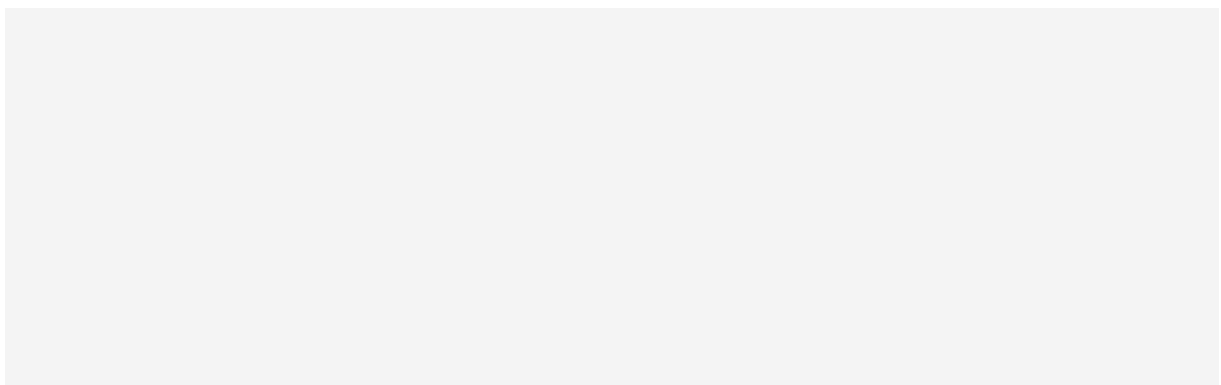
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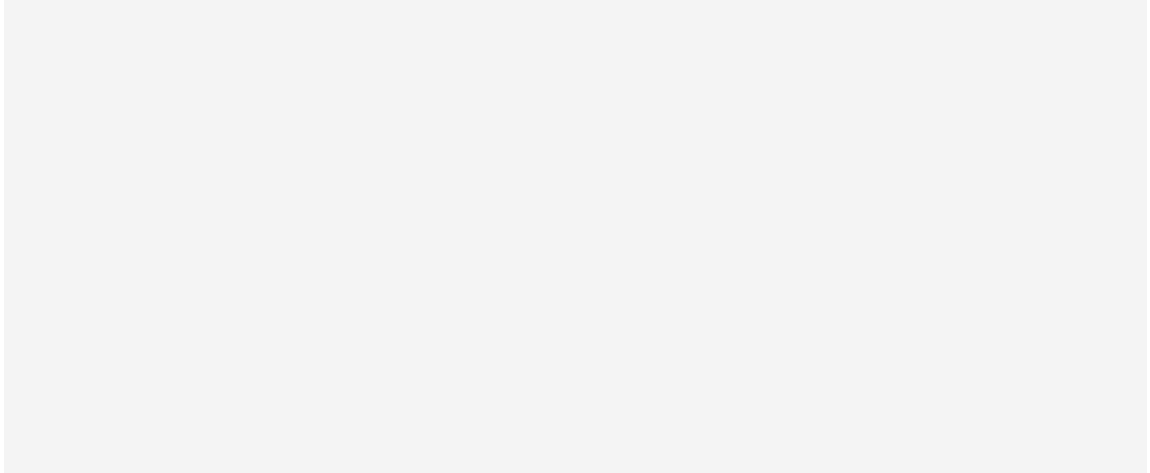
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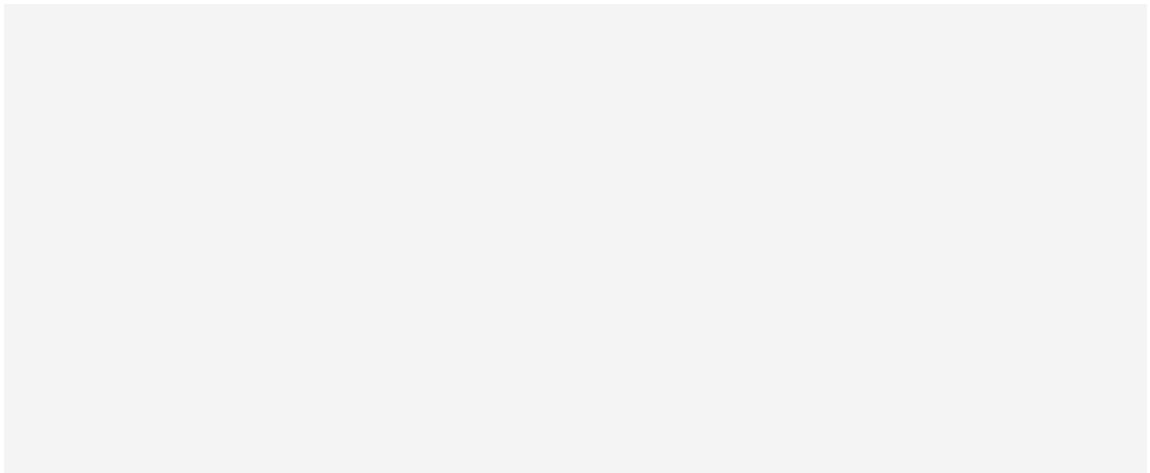
4- STAGES OF DECLUTTER

Follow these stages to begin a stress free declutter process

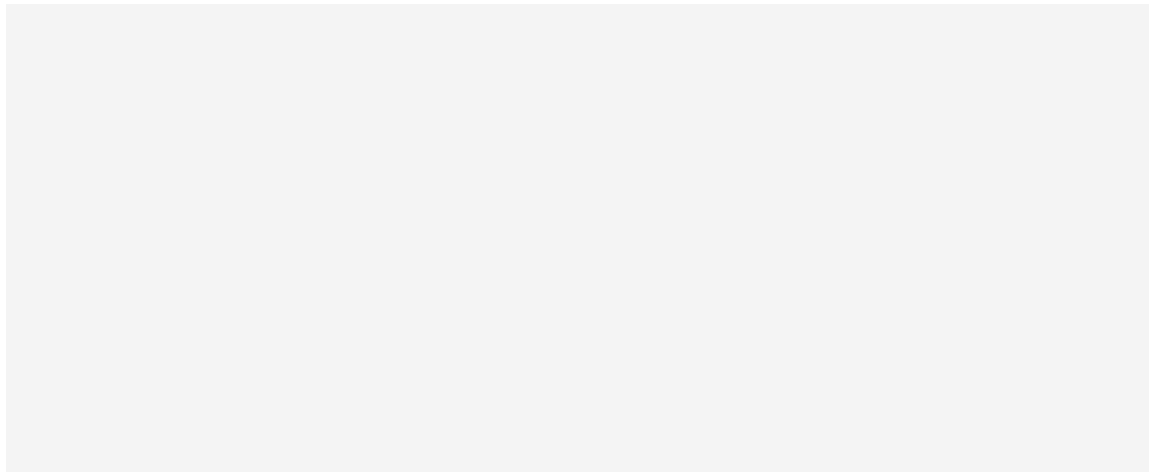
Stage 1 - Focus



Stage 2- Organise



Stage 3- Cleanse



5- DECLUTTER AND FIND YOUR WAY TO SUCCESS!

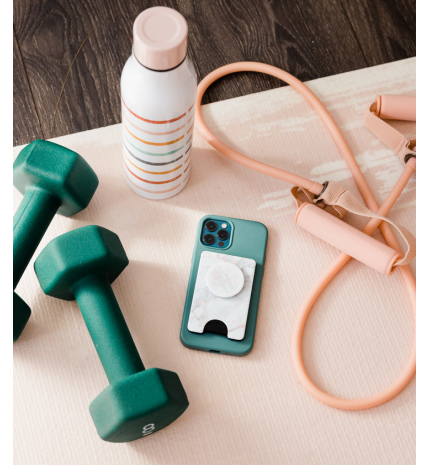
In a world where everyone is trying to capture our investments of time and money, what really counts?



Spiritual Well Being, praying, meditation, yoga, a time to exercise gratitude and give things that are out of our control away.



Maintaining a healthy diet so we age gracefully. and avoid the illnesses that can present themselves when we don't unpack our emotional trauma's.



Some people walk, some people dance, some people go to the gym but making space for movement is important to well being



Good Hygiene of the self and the house is good practice for routine and building relationships with the family.



A time for pampering, it could be a massage, time out with friends or anything that allows you the space to grow.



Mothers do so much for one household, if we do not safeguard the things that matter we will only scroll through other peoples leading fruitful lives.

5- WEEKLY PLANNER

Area of Declutter:

Focus this week is:

SUNDAY	
SATURDAY	
FRIDAY	
THURSDAY	
WEDNESDAY	
TUESDAY	
MONDAY	



Declutter and clear the way

Declutter Support

I hope you have enjoyed this process. Remember to take your time working through the emotions that rise. If you would like support unpacking trauma that may arise from this process take advantage of my FREE Clarity call, a gift to you for coming this far.

I know all too well that it can be a painful process but the break through is more than worth it. You will feel lighter and have so much clarity about who you are moving forwards.

Free Clarity Call



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