



JOURNAL PROMPTS

1. How do you currently feel in your space? Does your space reflect the lifestyle you want?
2. What does your ideal space look like and how does it make you feel?
3. What are the biggest challenges for you right now (e.g., don't know where to start, feel overwhelmed, don't have time).
4. What is your game plan to having a decluttered and organized home? Are you fed up with the clutter and disorganization and ready to take it on?
5. Create a more and less list related to decluttering and organizing your home. What do you want more of in your life and what do you want less of?
6. What are you holding on to that needs releasing (e.g., sentimental items, what if I need this someday items, etc.)
7. How have you been purchasing/consuming items. Is it coming from a place of abundance or scarcity?
8. Would a no spend/intake month be something that would be helpful to keep you on track during this process?
9. How about a need vs. want list before purchasing?
10. What are some roadblocks you've experienced when trying to declutter (e.g. overwhelm, no time)? How can you deal with them
11. How much time daily and weekly can you dedicate to this project? Do you need help?
12. What are some current or possible challenges that may arise with maintaining your home? How can you deal with them?
13. How can you use the extra time you won't spend managing your home?
14. How will being organized increase productivity and bring clarity?
15. How will you feel after it is decluttered/organized and how will it help you with your day to day life?