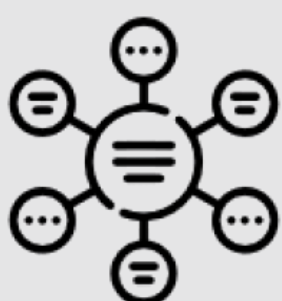




ASK YOURSELF: "WHAT NEEDS TO LIVE HERE?"

YOUR GOAL: \_\_\_\_\_



1

## EVALUATE + GOAL + PLAN

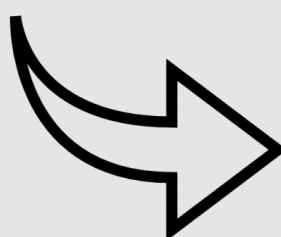
- ASSESS YOUR NEEDS IN THE SPACE
- USE 3 WORDS TO HELP YOU IDENTIFY HOW YOU WANT TO FEEL IN THE SPACE. CREATE A GOAL TO SUPPORT THOSE NEEDS
- CREATE A PLAN WITH NO MORE THAN 5 STEPS TO SUPPORT YOUR GOAL
- WRITE IT DOWN
- ESTABLISH DUE DATES
- TAKE A "BEFORE" PHOTO



2

## SYSTEM + DECLUTTER

CREATE A SYSTEM THAT WORKS FOR YOUR NEEDS AND THEN GET TO WORK ON DECLUTTERING YOUR SPACE. SET A TIMER. WORK TOWARDS YOUR ESTABLISHED GOAL AND PLAN.



3

## MOVE

MOVE THE ROOM AROUND. FURNITURE, BOOKS, PLANTS, TABLES, CHAIRS, ETC. FLIP THE ROOM AROUND TO MAKE IT MORE EFFICIENT FOR BOTH USE AND AESTHETICS.



4

## REVISIT YOUR GOAL

ARE YOU WORKING TOWARDS YOUR GOAL?  
ARE YOU ON THE RIGHT TRACK?  
IF YOU ANSWERED "NO" REVISIT YOUR GOAL.  
REVISE AS NEEDED.



5

## POTENTIAL PURCHASES

PURCHASE FURNITURE AND/OR MATERIALS  
BASED ON YOUR NEEDS.  
REMEMBER, LESS IS MORE.



6

## FINISHING TOUCHES

LOOK AT YOUR SPACE. DID YOU MEET YOUR GOAL AND PLAN? MAKE ANY LAST ADJUSTMENTS BEFORE YOU TAKE YOUR "AFTER" PHOTO. HOPEFULLY YOU ARE SMILING AND FEELING GOOD ABOUT YOURSELF AND YOUR SPACE. YOU DID IT! CONGRATS!