



The 4-Step *Process* for daily decluttering

THE
WORKBOOK

LET'S DIVE IN

Welcome to a clutter-free zone.

Have you ever walked into a familiar space, with someone who isn't familiar with that space, and had them point out something you completely missed? We learn to live with our clutter as if we simply have no other choice. It begins to fade into the background and just become a part of our everyday lives. These 4 steps are a great starting point to clearing out that background clutter and begin feeling the weight lifted.

3 WAYS TO GET THE MOST OUT OF THIS WORKBOOK AND INFO.

1

PRINT this workbook and use it daily to stay fully engaged and take notes on the actions to implement. I recommend placing it on your refrigerator, or desk top area.

2

Think of ONE QUESTION you want to be answered while learning to implement these steps. Send the question to me for a bonus answer. I never want to leave you hanging!

3

To maximize your time and jumpstart your decluttering, when you are done reading the workshop, decide on just one ACTION you plan to complete in the next 24 hours. Taking action right away will give you instant momentum.

HABIT TRACKER

They say it takes 21 days to become a habit, and 90 days to become a lifestyle. Let's set realistic 2-week goals, these are obtainable! Print this habit tracker out again after 2 weeks, and keep going.

You can do this!

THE HABIT

Checking in with yourself on items you frequently move, but rarely use.

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Asking yourself frequently as you go about your day, does this item mean something to me? Is it useful?

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Recalling why or how something came to be in your possession throughout your day.

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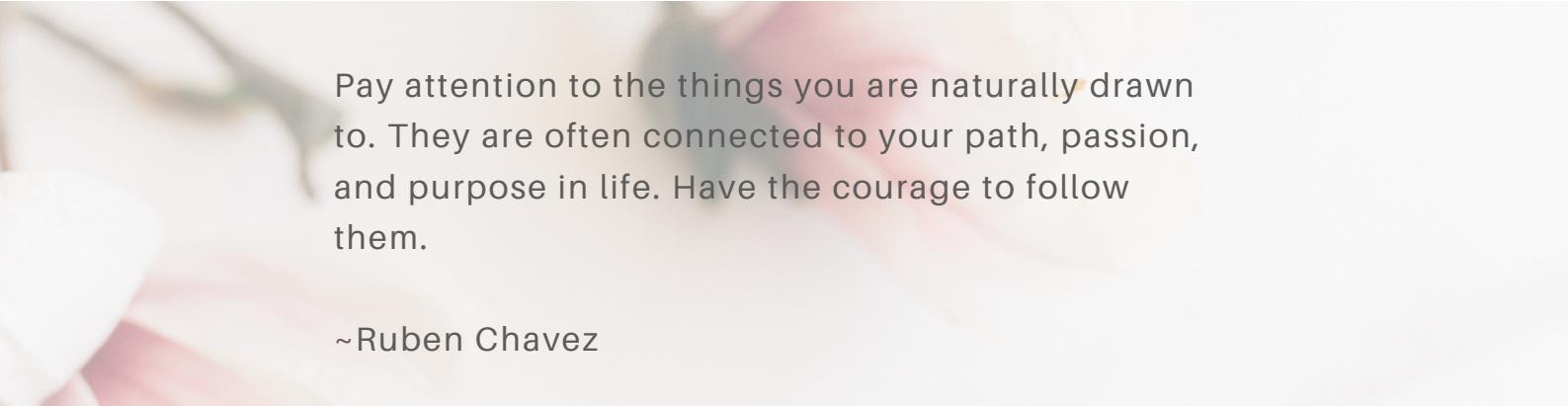
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Make note of the last time you used an item. Does the 9-month rule apply?

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notes



thank you

Pay attention to the things you are naturally drawn to. They are often connected to your path, passion, and purpose in life. Have the courage to follow them.

~Ruben Chavez

VISIT: LIFESTYLINGWITHLEAH.COM

EMAIL: INFO@LIFESTYLINGWITHLEAH.COM

INSTAGRAM:@LIFESTYLEWITHLEAH