

Before You Get Organized



5 Gentle First Steps For Overwhelmed Minds

*A low-pressure guide for
getting started when
everything feels like too much*

Before you get organized, you need a calmer place to start.

If you've been wanting to get organized but feel too overwhelmed to begin, you are not failing. When overwhelm is high, even simple tasks can feel heavy.

This guide will help you take 5 gentle first steps so you can begin with less pressure and more support.

5 STEP GUIDE



01

STEP ONE

PAUSE THE PRESSURE

BEFORE TRYING TO FIX EVERYTHING, TAKE A BREATH AND LET GO OF THE IDEA THAT YOU NEED TO DO IT ALL RIGHT NOW.

ASK YOURSELF: WHAT FEELS HEAVIEST RIGHT NOW?



02

STEP TWO

CHOOSE ONE SMALL AREA

DO NOT START WITH THE WHOLE HOUSE, THE WHOLE ROOM, OR YOUR ENTIRE LIFE. PICK ONE SMALL PLACE TO BEGIN.

TRY: ONE COUNTER, ONE BAG, ONE PILE, ONE DRAWER, OR ONE SURFACE.



03

STEP THREE

CLEAR ONLY WHAT DOES NOT BELONG

YOUR FIRST GOAL IS NOT PERFECTION, YOUR GOAL IS TO REMOVE OBVIOUS THINGS THAT DO NOT BELONG IN THAT SPACE.

ASK YOURSELF: WHAT CAN I REMOVE QUICKLY WITHOUT OVERTHINKING?



04

STEP FOUR

MAKE THE NEXT STEP EASIER

THINK ABOUT WHAT WOULD MAKE THIS AREA EASIER TO USE AGAIN. NOT PRETTIER. EASIER EXAMPLES: A BASKET, FEWER ITEMS, LESS VISUAL CLUTTER, OR A SIMPLE PLACE FOR ESSENTIALS



05

STEP FIVE

STOP WHILE IT STILL FEELS MANAGEABLE

YOU DO NOT NEED TO KEEP GOING UNTIL YOU ARE EXHAUSTED. STOPPING AFTER ONE SMALL WIN HELPS BUILD TRUST WITH YOURSELF.

ASK YOURSELF: WHAT DID I DO THAT HELPED, EVEN A LITTLE?

