



The Ultimate Decluttering Guide

NAVIGATING YOUR PATH TO HOMEMAKING BLISS

UNLOCK THE SECRETS TO A CLUTTER-FREE HAVEN WITH THIS INCREDIBLE DECLUTTERING MANUAL. IT ISN'T JUST A GUIDE; IT'S YOUR INTERACTIVE, CHOOSE-YOUR-OWN JOURNEY TO TRANSFORM CHAOS INTO CURATED BLISS. READY TO CREATE A LIFE YOU LOVE?



Hi there!

I'm thrilled you decided to check this out:



The Ultimate Decluttering Guide: Navigating Your Path to Homemaking Bliss!

If you're ready to embark on a transformative journey toward a clutter-free haven, you're in the right place.

In these pages, you'll discover more than just a guide or workbook – it will become your personalized roadmap to a home that radiates tranquillity. You can turn your home into a haven you love to come home to. Whether you're tackling room by room, opting for incremental daily decluttering, or diving into category-based organization, this guide is designed to fit seamlessly into your life.

So, grab a cozy blanket, settle into your favourite chair, and let's make a plan to turn the page on chaos together. Your journey to a curated, joyful life begins here.

Are you ready to make your home a haven?

Let's get started!

xo Shana



HOW TO USE

This Choose Your Own Path Workbook

1

Choose Your Journey: Start by selecting a decluttering path that fits for you: Room-by-Room Transformation, Incremental Daily Decluttering, or Category-based Decluttering.

2

Plan Your Steps: Breakdown your goals into bite sized tasks. Set realistic goals, make decisive choices, and optimize your storage solutions based on the guidance provided in this guide.

3

Personalize Your Journey: Feel free to mix and match steps from different options to suit your preferences and your unique needs. This workbook is designed for flexibility, ensuring a personalized decluttering experience.

4

Celebrate Milestones: Acknowledge and celebrate your progress every chance you can. Whether it's conquering the cabinet under the sink or mastering the Entry, take a moment to revel in the positive changes you're making everyday.

5


Embrace Lasting Tranquility: Establish routines and habits that maintain your clutter-free haven. Continue the journey to homemaking bliss by curating a space that aligns with your desires and promotes lasting calm.

If you love this guide, have any questions, or if I can support you in any way, I'd love to hear from you: shana@lovinglakeliving.com

Chaos to Calm


DECLUTTERING BASICS

Prepare




Get clear on your goals. What do you need to live your best life? Find a donateable box and a trash bag. Define your work area by placing an imaginary hula hoop on the floor. Keep working in that area until it is complete. Setting a timer will also help you stay focused.

Assess




As you go through your belongings evaluate whether you truly love, need, or use them frequently. Are you holding onto items out of obligation or guilt? Letting go will free you from these negative emotions.

Put Away




A place for everything and everything it's place. Consider the most practical place to store items based on their use, natural location, and alignment with your daily routine.

Release



When deciding to let go of an item, remember that the money spent is gone and that the value of a gift is in the thought. Release any guilt or attachment associated with it and allow these unwanted items to find new purposes in the world, benefiting yourself and others.

Enjoy

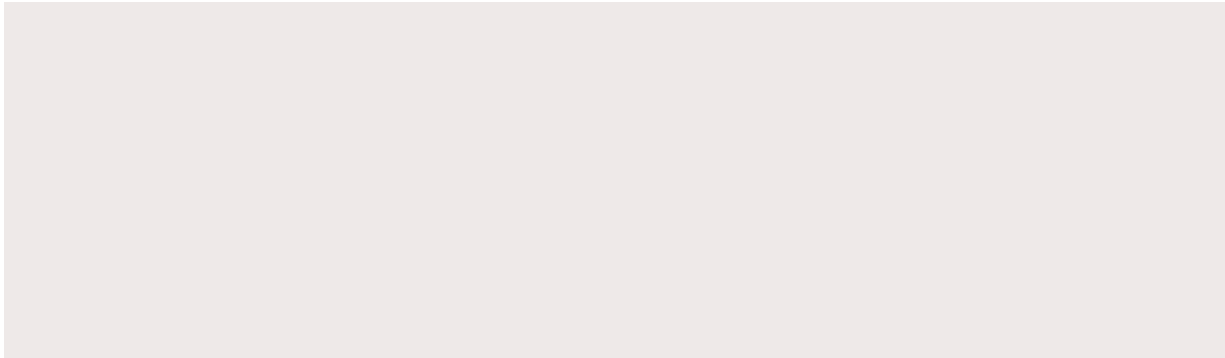


After decluttering (even just a little), savour the calm and orderliness of your newly organized space. Appreciate the peace you've brought into your environment, knowing you've created a more serene and harmonious living space.

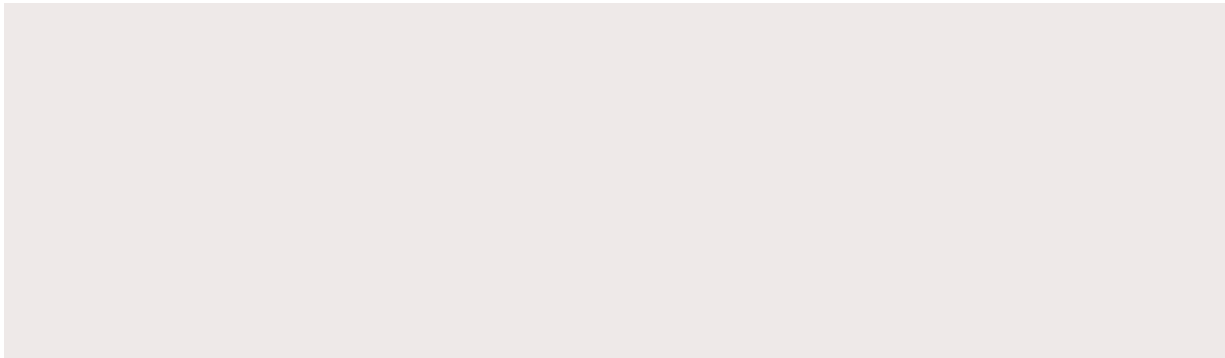
Prepare to Declutter

Getting clear on how you want to feel in your home can help you make tough decisions and ideally release your clutter.

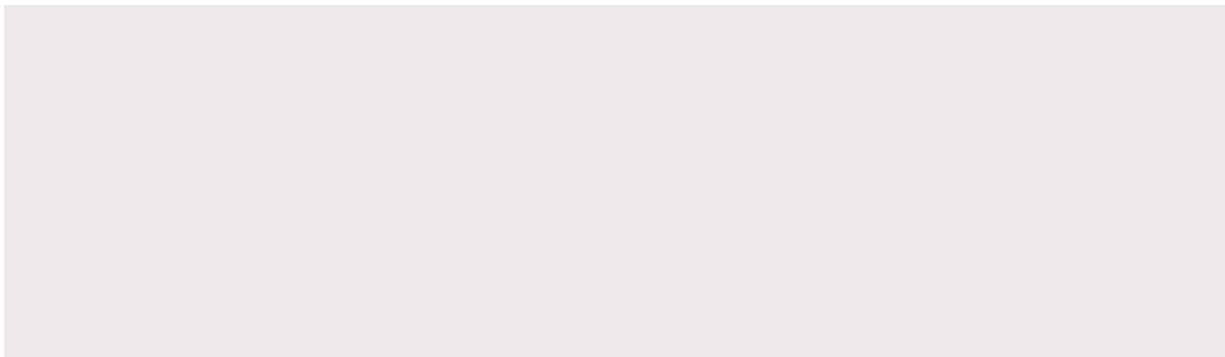
My home makes me feel...



The things I like best and least about my home...



My home feels most peaceful when...





Daily Declutter

SLOW AND STEADY WINS THE RACE

Incremental Daily Declutter is a practical approach to conquering chaos in your living space. Instead of overwhelming yourself with a massive decluttering project, this method breaks down the process into manageable daily tasks, making it easier to integrate into your routine. Setting aside 15 minutes daily allows you to focus on small, specific areas, such as a drawer, shelf, or countertop.

It's all about consistency. Dedicating a short amount of time daily prevents clutter from accumulating and almost effortlessly maintains a sense of order. You can swiftly sort items into categories—keep, donate, discard—making quick decisions to avoid overthinking. Gradually, you can expand to larger spaces as you build momentum.

Daily decluttering transforms your physical space and cultivates a mindset of continuous improvement. Establishing maintenance routines ensures long-term success, preventing future clutter buildup. This approach empowers you to reclaim control over your surroundings, fostering a harmonious and clutter-free home through small, consistent actions.



Room By Room

TRANSFORMATIONS

The Room-by-Room Transformation journey is an effective approach to decluttering your home. It involves focusing on one space at a time to achieve maximum impact. You can begin by evaluating your home and identifying the room that causes the most stress or feels the most chaotic.

It could be the living room, kitchen, or perhaps your bedroom where you go to seek solace. Consider the spaces you use daily and where decluttering could have the most significant positive effect on your daily life. Your chosen spaces will set the stage for an ongoing transformative journey, laying the foundation for a clutter-free haven that resonates throughout your home.

Starting with a small space, like an entryway closet, can help make the task more manageable. Focusing on one space will help you get into the groove of sorting through all your things. Focus on one area at a time and slowly work through each space in your home.



Category-Based

DECLUTTERING

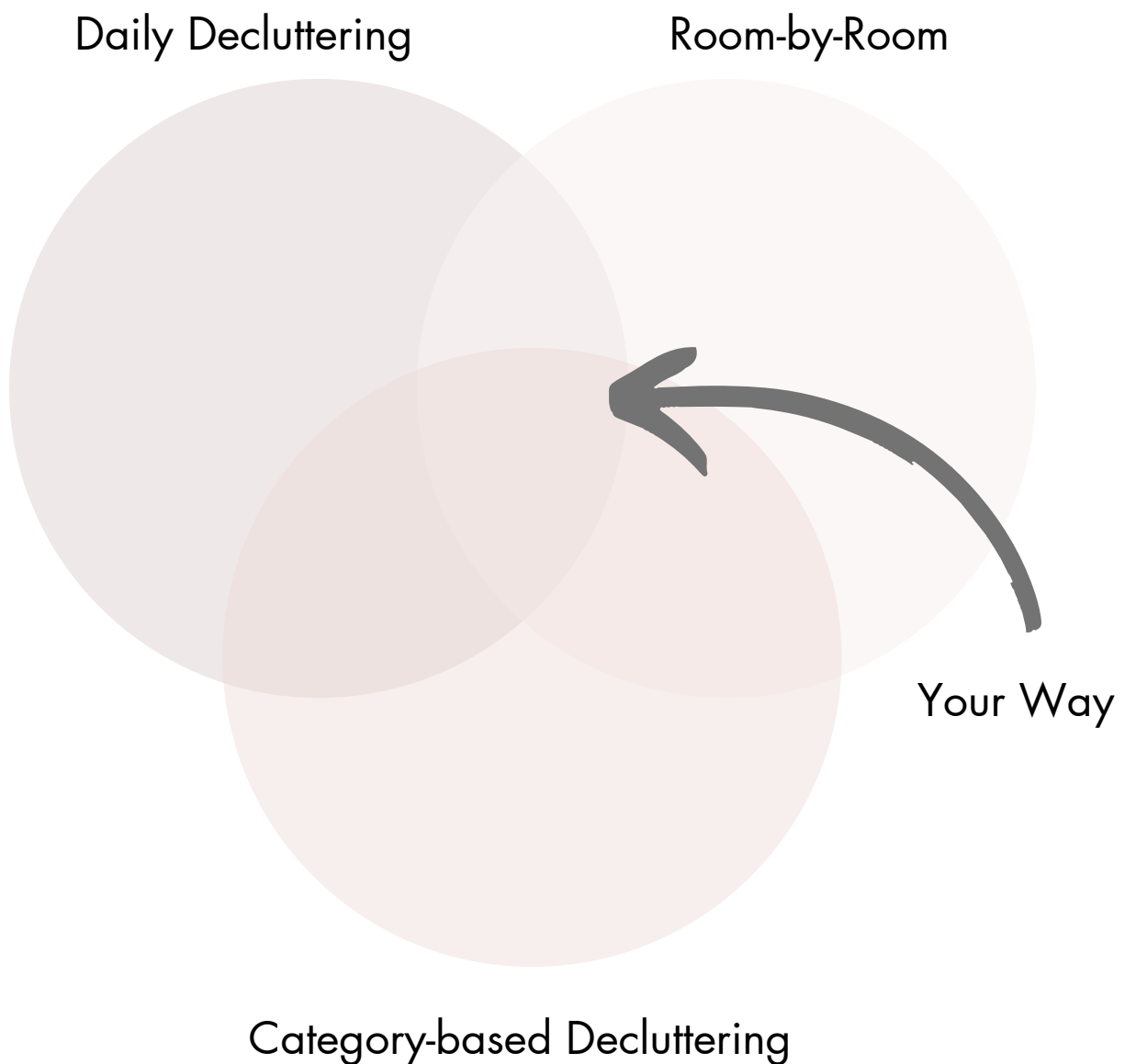
Category-based decluttering is a technique that involves grouping items together. To begin, pick a specific category, such as clothes, books, or gadgets, and gather all the related items from various rooms. This will give you a clear visual of the scope of items in that category, which will make it easier to limit similar belongings. It will also give you a better idea of exactly what you have and what you have space for.

Once you have all the items together, sort them into three piles: Keep, Donate, and Discard. Evaluate the “keep” items and decide on the most suitable storage solutions. It's essential to designate a specific space for each category of items and keep like items together using containers, bins, or organizers. This will help you maintain order and make finding and accessing what you need easier.

Category-based decluttering ensures that every item has a designated home and that spaces are used as efficiently as possible.

Finding Your Path

Combine your favourite aspects of each method to create a personalized decluttering path that aligns with your lifestyle. Mix and match to craft your unique roadmap to a clutter-free haven. Embrace the freedom to curate a home that perfectly reflects your vision and goals.



THE NEVERENDING CYCLE OF

Decluttering & Organization



Quick Start

Begin your clutter-free journey! Choose a method, start small, sort decisively, and celebrate victories. Step by step, transform your home into a serene haven.

Kitchen

- Pantry Pilgrimage
- Junk Drawer Reset
- Fridge Fortress
- Counter Control

Living Room

- Media Center Makeover
- Side Table Tranquility
- Couch Comfort Zone
- Shelf Serenity

Bathroom

- Sink Sanctuary
- Drawer Detox
- Shower Shelf Streamlining
- Towel Tidiness

Bedroom

- Wardrobe Wonders
- Bedside Bliss
- Under-Bed Organization
- Storage Sanctuary

Habit Tracker

Habit tracking is your secret weapon for positive change. Track, tweak, and triumph on your journey to a happier, healthier, and more productive you.

TASKS

S M T W T F S

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NOTES

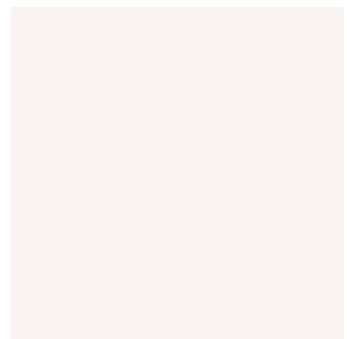
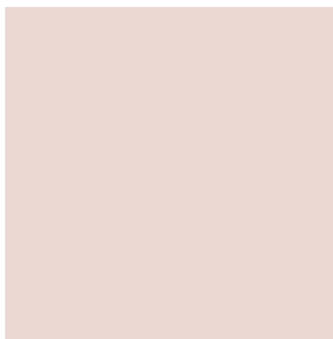
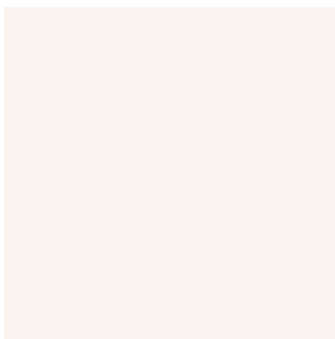
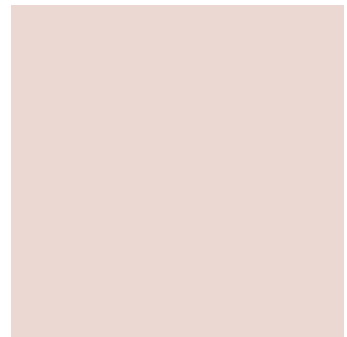
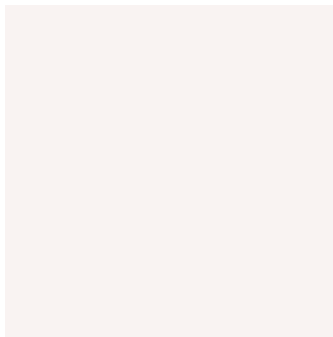
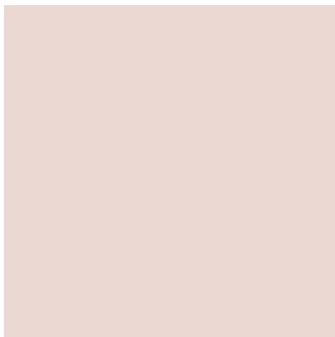
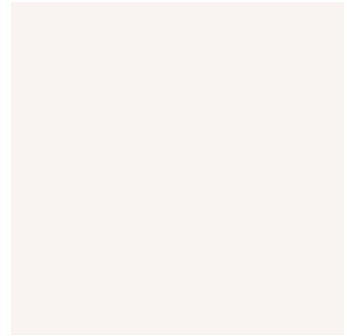
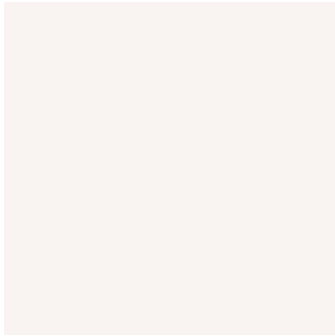
to-do list

TO-DO	S	M	T	W	T	F	S

TOP PRIORITY FOR THE WEEK:

Declutter Bingo

STUFF YOU WANT TO DO



Just The Beginning

YOUR DECLUTTERING ADVENTURE AWAITS



Ready to Take Your Decluttering to the Next Level?

Book a Free Creative Flow Reset Session and I'll help you declutter one small area of your home (think nightstand or kitchen counter). You'll get step-by-step guidance tailored to your needs and walk away with a space that sparks joy, clarity, and creativity.

[Click here to schedule your free mini-session today!](#)

I'M HERE TO SUPPORT YOU

I'm here through every step of your journey, I'd love to be friends - please feel free to reply to my emails or drop me a message at **shana@lovinglakeliving.com**