



WORKBOOK

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Mental Clutter

Start your decluttering journey the right way.

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It all starts here...

"I just don't know where to start" is the most common statement, used by people who have decided they are ready to start their decluttering journey.

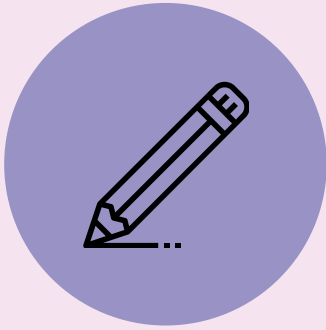
And then they're often met with "start small" or "ask if it sparks joy" or "the junk drawer"! THE JUNK DRAWER!?! are you freakin' kidding me! (worst advice EVER)

So where should you start?

That's very simple. You start with you. You start by sorting some of your mental clutter.

This should always be the first step taken by anyone wanting to declutter their home and life. Reason being, when you remove some of the chaos rolling around in your head, you create space to make better choices

"I wake up in the morning feeling impowered"



Step One - Brain Dump

Get as much of your Mental Clutter down on paper, as you can, so it's not trapped in your head and keeping you awake at night.



Step Two - Prioritise

Number your tasks one through to five in order of what you deem the "hardest"



Step Three - Take Action

What ever you deemed the hardest task to complete off your brain dump page is the first task to complete.

If your list is looking like a 'to do' list; From this day forward we call it a "Revolving Task List" and you don't have to complete everything at once!

Mental Clutter

Mental Clutter is all the stuff floating around in your head that brings feelings of uneasiness, stress and even fear.

Mental clutter is the stuff that keeps you awake at night.

It's what contributes to stress headaches and it is different for everyone.

It's the birthdays, the parties, the school baking you're expected to do. It's the bills that haven't been paid yet or the phone call to book an appointment.

When we address the mental clutter before the physical clutter, we make decisions with better mental clarity. Which minimises the fear of discarding something that may have been best kept.

On the next page, you'll be given the opportunity to get some of your own mental clutter out of your head. Take a moment to breathe and write it all down.

In order to release it, we recommend you select the hardest task first and focus your attention on completing that ONE task. (Then on to the next one and so forth)

You do not have complete everything at once and bare in mind that addressing mental clutter is not a one and done event. Try incorporating it into your evening routine.

Try using the below prompts to complete the brain dump section of this book...

- Have you been mean meaning to call someone?
- Do you need to send a message or reply to a message?
- Do you have outstanding bills to pay?
- Do you need to apologise or ask for forgiveness?
- Is there some thing you need to make a note of?
- Are you worried about something? What is it?
- Are you being consumed by a fear? What is it?

Brain Dump

Get it all out of your head and on to paper. Be mindful to assess how you are feeling after completing this task...



Prioritise

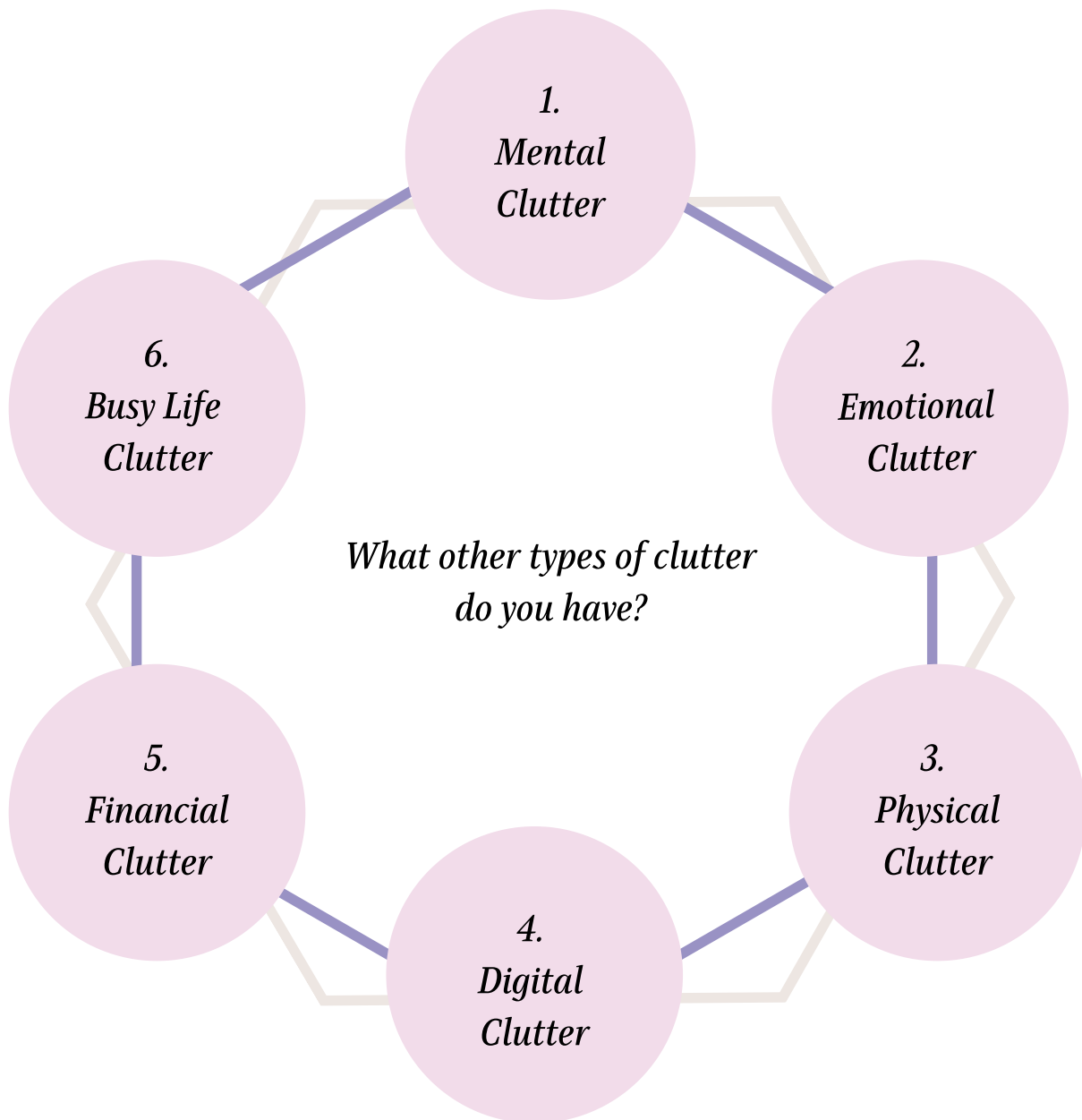
Get it all out of your head and on to paper. Be mindful to assess how you are feeling after completing this task...

1. _____
2. _____
3. _____
4. _____
5. _____



Types of Clutter

Below are some of the other types of clutter you may have in your life. Often these interweave with each other but some are more prominent.



Hey! I'm "Rochelle Sudfelt"

I am a qualified life coach and professional organiser with over 5 years experience helping people create the clutter free home and life they desire.

I'm also a mum who understands the importance of having a clutter free home and life.

If you recognised any other types of clutter on the previous page that are having a negative effect on your well-being and you feel you're ready to Declutter and Organise your Home and Life - let's work together!

We have both in-home & virtual sessions available for both life coaching and clutter coaching.

LET'S KEEP IN TOUCH-FOLLOW ME



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