



Clutter Control for Cat Lovers Program

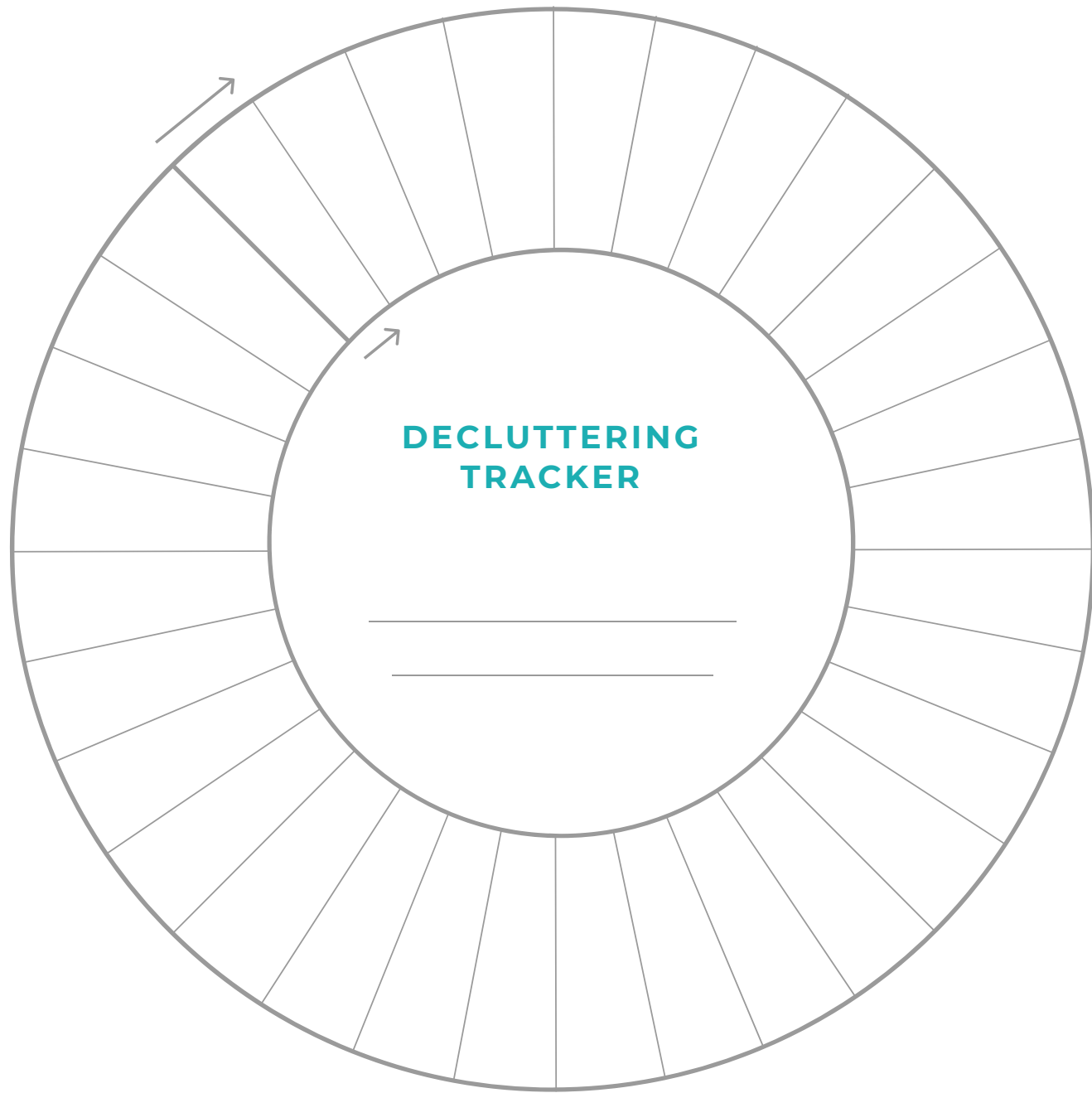
Know what to get rid of so
your spaces are
decluttered.

PICK A **DECLUTTER ZONE**

WITHOUT GOING TO THAT ZONE... MENTALLY PREPARE. As fast as you can, without looking at the zones, write down 1-3 things you know you can get rid of. THEN race to the rooms with a trashbag!

LAUNDRY ROOM	UTILITY ROOM	TOOL SHED
HOME OFFICE	PLAY ROOM	SPARE ROOM
CUPBOARD TOPS	KITCHEN	ENTRANCE HALL
GARAGE	CUPBOARDS	CLOSET

SET A TIMER. Race yourself to see how fast you can remove the items you already knew you didn't need in your life anymore! Doesn't it feel great to see your space tidied, one item at a time?



DECLUTTERING HABIT MAKER

ONE GROCERY SACK A DAY. Before bed every night fill up a grocery sack with junk to discard. How does it feel to see your space picked up? Color in the wheel each sack you discard.

SUMMARY OF MY DECLUTTERING:

MY TIME WAS... UNFOCUSED SCHEDULED PRODUCTIVE PERSONAL

20 DECLUTTER IDEAS

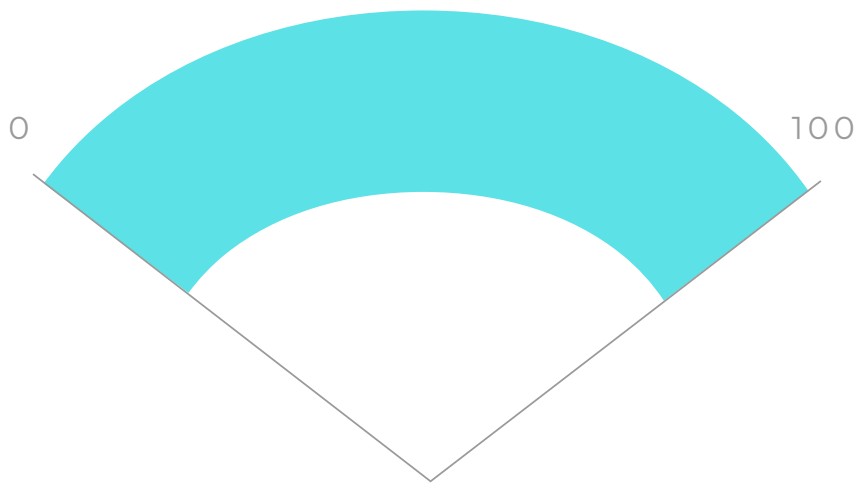
THROW AWAY	
Junk Mail	<input type="checkbox"/>
Broken Pens/Pencils	<input type="checkbox"/>
Expired Foods	<input type="checkbox"/>
Unused Medicine/Vit	<input type="checkbox"/>
Old Magazines	<input type="checkbox"/>
Kids Art/School Proj.	<input type="checkbox"/>
Unmatched Cords	<input type="checkbox"/>
Orphan Socks	<input type="checkbox"/>
Scratched Cookware	<input type="checkbox"/>
Leftover DIY Project	<input type="checkbox"/>
	<input type="checkbox"/>

DONATE OR SELL	
Unused Clothing	<input type="checkbox"/>
The Books	<input type="checkbox"/>
Extra Mugs	<input type="checkbox"/>
Unused Appliances	<input type="checkbox"/>
Old Electronics	<input type="checkbox"/>
Excess Accessories	<input type="checkbox"/>
Tools You Don't Use	<input type="checkbox"/>
Extra picture Frames	<input type="checkbox"/>
Old Towels & Linens	<input type="checkbox"/>
Unloved Furniture	<input type="checkbox"/>
	<input type="checkbox"/>

DECLUTTERING QUESTIONS TO ASK

- Is this item damaged or unusable in any way?
- If I were at the store and I saw this, would I buy it?
- Do I have more than one of these items?
- When was the last time I used this item?
- Will I notice this item is gone?
- Do I love this? Really?

GET ORGANIZED: GOALS



MY MESSIEST SPACE

MY STORAGE SPACES

MY DUMPING GROUNDS

THINGS TO KEEP

MY FINISHED PRIZE

THINGS TO TOSS

MY FINISHED PRIZE

THINGS TO RE-HOME

MY FINISHED PRIZE

MESSY ZONES

Create a list of all the rooms in your home. Mark the areas that tend to get exceptionally messy. You could use different colors to represent different levels of messiness.

MESSY ZONES & SPACES	PRIORITY
○	
○	
○	
○	
○	
○	
○	
○	
○	
○	
○	
○	
○	

WHAT WORKED? WHAT DIDN'T? Begin cleaning the zone that you can pick up the fastest - NOT the messiest space. Then evaluate, what made your clean up FAST and EASY?

WHAT WORKED

WHAT DID NOT WORK

PRIORITY SPACES

DESCRIBE YOUR LIFE. Where do you spend the most time? Where are you most frustrated? Begin organizing those spaces first to get the best results.

LIVING AREAS	OFFICE	KITCHEN	BATHROOMS
VEHICLES	CLOSETS	GARAGE/SHED	ENTRY

WHAT'S KEEPING YOU FROM YOUR TIDY SPACE?

TRACK YOUR PROGRESS. Before you begin, take pictures of each room - especially focus on the messiest zones in that room, and then take pictures again after you finish. You deserve a sense of accomplishment - you've got this!

STORAGE NEEDED

TAKE INVENTORY. Where are the piles in your home? It's where you naturally want to put things. Go with the flow. Create storage solutions by the "dumping grounds".

DUMPING GROUNDS

RATE	THE SPACE	✓

RATE	THE SPACE	✓

JUNK DRAWERS

RATE	THE SPACE	✓

RATE	THE SPACE	✓

MY BIGGEST MESS	MY HIDDEN MESS
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STATUS IS: MESSY! IN-PROGRESS CLEAN FIXED!

5 WAYS TO MAXIMIZE YOUR TIME

By making the most out of your time, you'll be maximizing your days and weeks. Write down 5 different ways to maximize your time and how you'll accomplish it.

1	
2	
3	
4	
5	

J | F | M | A | M | J | J | A | S | O | N | D

MONTH

1 | 2 | 3 | 4 | 5

WEEK

WEEK AT A GLANCE

MONDAY GOALS
ACTIVITIES/EVENTS

TUESDAY GOALS
ACTIVITIES/EVENTS

WEDNESDAY GOALS
ACTIVITIES/EVENTS

THURSDAY GOALS
ACTIVITIES/EVENTS

FRIDAY GOALS
ACTIVITIES/EVENTS

FRIDAY GOALS
ACTIVITIES/EVENTS

DAILY TIDY MUSTS

NEVER FORGET A CHORE AGAIN. Check off those repetitive chores and build new tidying habits to help keep your curious cat safe so that they don't push any of your breakable stuff off a ledge or shelf - see your life organized in just a few weeks!

	MON	TUE	WED	THU	FRI
TIDY KITCHEN COUNTER TOPS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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NOTES

