

21Days

Declutter Your Life

JOURNALING CHALLENGE

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INTRODUCTION

Your home should be a place of tranquility, comfort and relaxation. Even when work, school or other commitments are hectic and demanding, you should always be able to seek solace at home. Unfortunately, for many of us, instead of providing refuge, our home environment becomes yet another source of stress.

How you organize your personal space has a significant impact on your productivity, health and well-being. While some people seem blessed by the innate ability to maintain a spotless and orderly home, many of us feel that we are waging a never-ending battle against clutter.

When you walk in the front door after a long day, what do you see? A tidy, organized and welcoming space with a place for everything and everything in its place? Or an explosion of clutter, chaos and procrastination? How do you feel when you arrive home? Calm and content, or anxious and dispirited?

If you often feel disorganized, scattered and out of control, this environment probably causes stress and unhappiness in your everyday life. You may want to make a change, clear out the junk and start fresh, but it is daunting to take that first step. How do you tackle years of built-up stuff and old habits? How can you get rid of possessions that hold emotional significance for you? Maybe you've tried in the past and fallen short, so you are wary of trying again.

Don't despair; this time, your journal will support you along the way.

How Journaling Can Help

Unfortunately, your journal can't actually do the decluttering for you, but it is an invaluable resource when it comes to changing your behavior, letting go of the past and embracing the future.

Taking control of clutter is empowering and beneficial for your mental health and productivity, but the process can also be grueling and frustrating at times. Examining the reasons behind the way you approach organization, as well as deciding what you keep and what you get rid of, can bring up complex emotions and insights.

Organization is about more than just stuff. It's about looking internally to find the root of your struggles with stuff. Journaling will help you sort through the mental clutter, which will equip you to sort through the physical clutter. A clear mind allows you to clear your surroundings for better health and happiness.

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HOW TO USE THIS BOOK

You will need 21 consecutive days to complete this journaling workbook. Every day, read the chapters and explore the exercises in your journal.

* **THE 10-MINUTE BURST** *

After you finish the journaling exercise for each day, take 10 minutes to speed-clean, declutter or organize one area of your home. Set a timer and go! This can mean folding a stack of clean laundry, sorting through one dresser drawer for clothes giveaways or shredding one pile of papers. When the timer goes off, keep going if you are on a roll, or stop and congratulate yourself on a job well done.

Let's get started!

DAY 4:

PRIORITIES

You started to think about your top priorities in yesterday's journaling exercise. Today, you are going to dig a little deeper and explore how your day-to-day activities align with what is most important to you.

Journaling Exercise #4



1. Describe each of the priorities you wrote about yesterday. What does each one mean to you? Why is it so significant for you?
2. Write a short account of your last week. What were the high points and the low points? What did you spend the most time doing? Who did you spend the most time with? What is your average daily routine at work and at home?
3. Read through your weekly recap, and highlight places where you were focusing on your top priorities. In a different color, highlight places where you feel you were procrastinating, doing tasks you don't care about or otherwise spinning your wheels. Do these color breakdowns surprise you at all? Free-write about your thoughts.

*** 10-MINUTE BURST ***

DAY 11:

CHECKING IN

Excellent work! You've made it halfway through this decluttering journaling challenge. Today, take a step back to reflect on what you've learned, what you're proud of and what you still want to work on going forward.

Journaling Exercise #11



1. Reread your journal entries for the first 10 days of the challenge. What do you notice about your patterns, habits, strengths and weaknesses? Does anything surprise you?
2. Describe your goals for the second half of the challenge. What do you want to work on? What has been most difficult so far? What has been most rewarding?