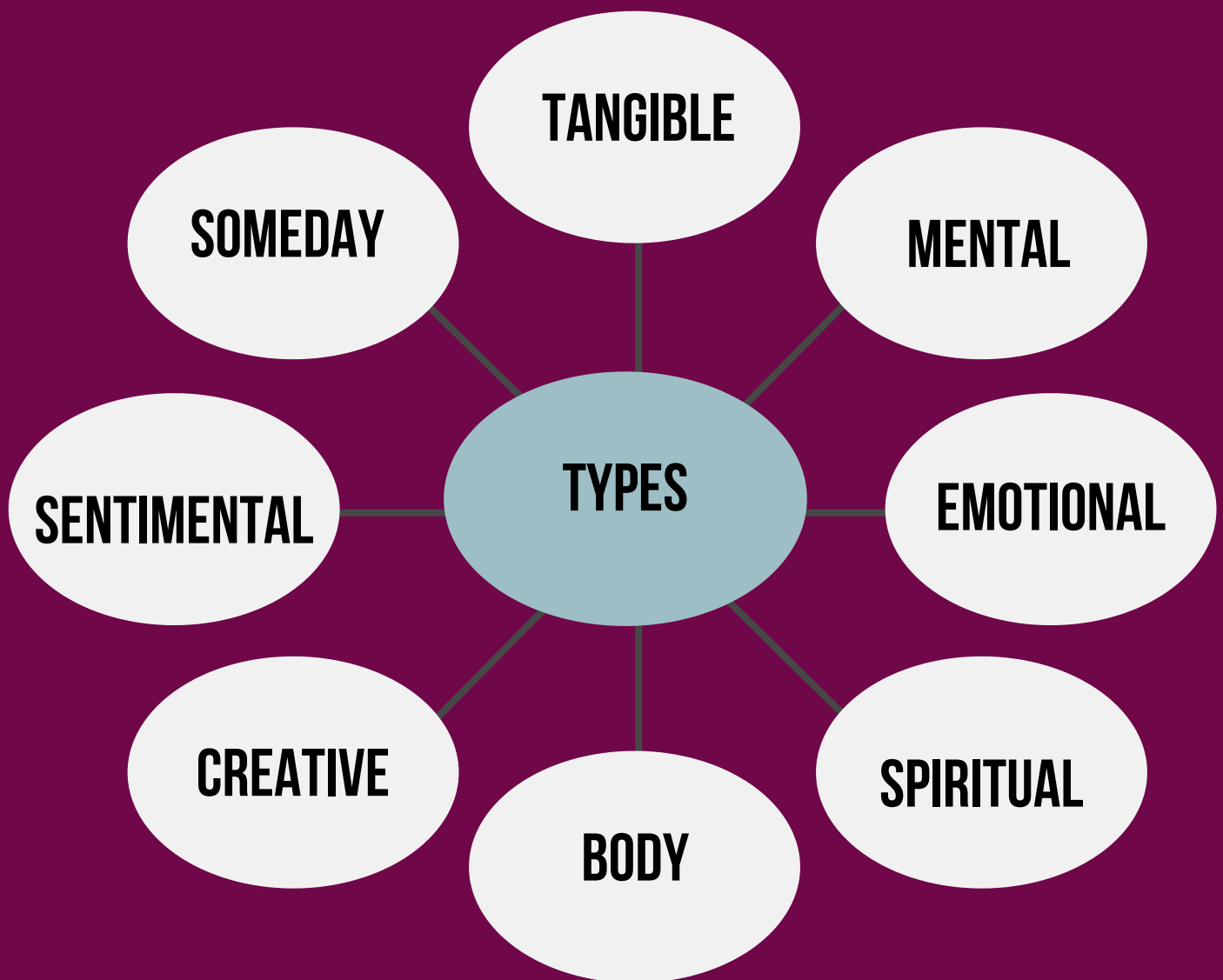


**THANKS FOR JOINING THE
CHALLENGE!**

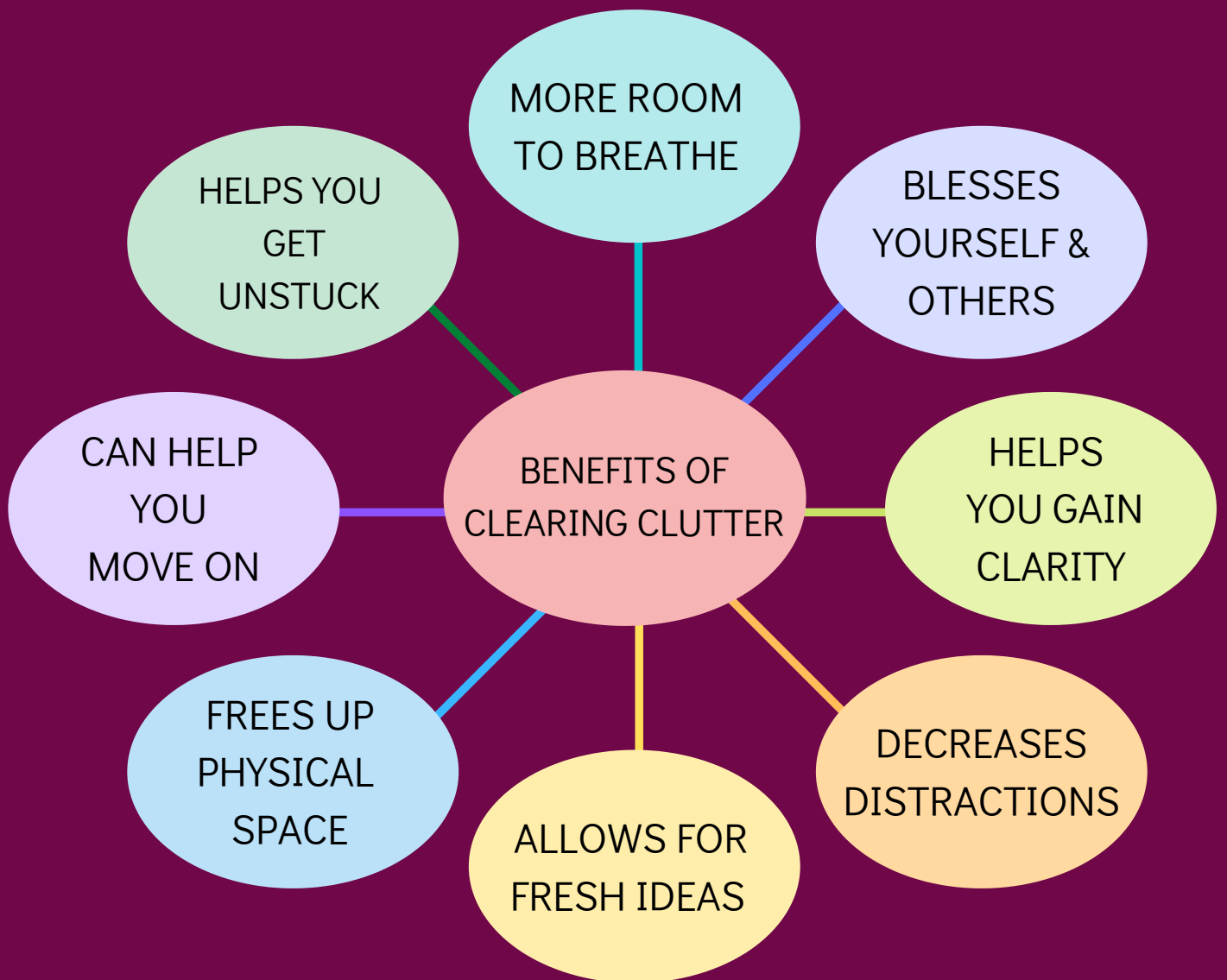


**More details in the FB Live
from 5/6/21!**

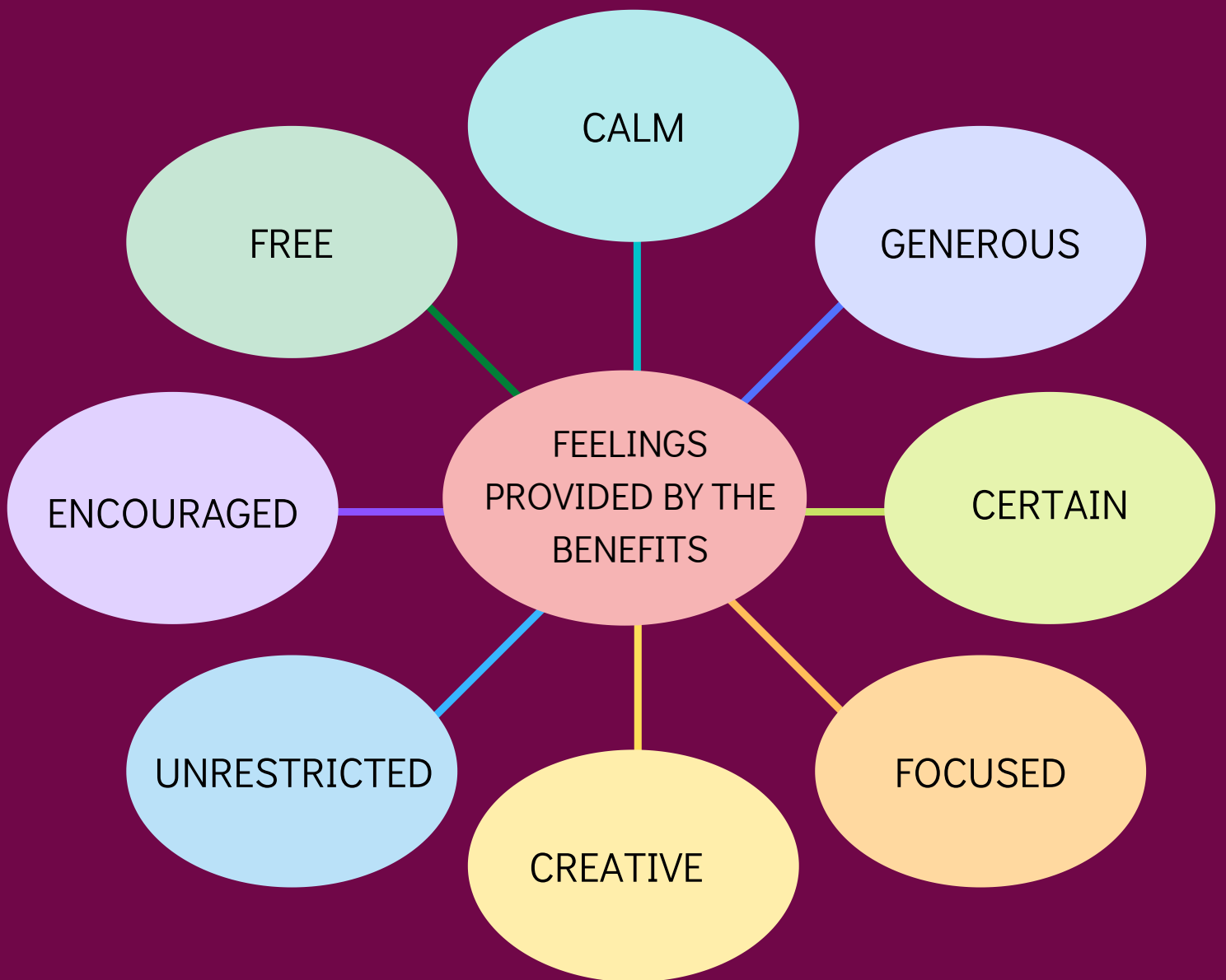
CLEARING CLUTTER IS A FORM OF SELF-CARE!



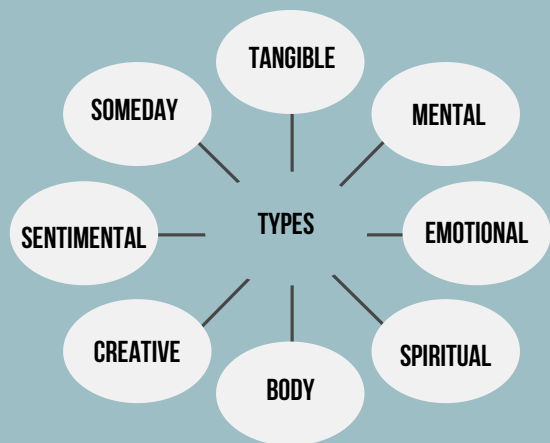
REASONS TO START NOW:



LIFE IS BETTER WHEN WE FEEL:



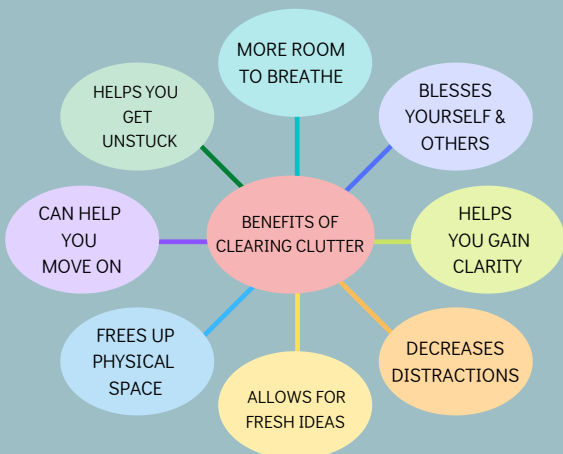
CLUTTER CLEARING CHALLENGE



CLEARING CLUTTER IS A FORM OF SELF-CARE!

1. Choose your clutter to clear.

I'm committing to start clearing my _____ clutter.

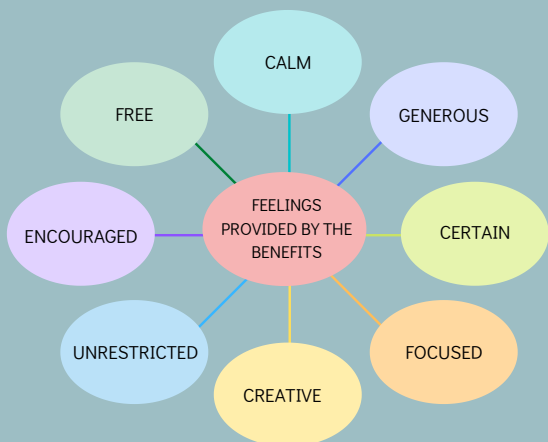


REASONS TO START NOW:

2. Choose your biggest reason

My biggest reason for committing is _____.

LIFE IS BETTER WHEN WE FEEL:



3. Choose the feeling you're craving

So I can feel more _____.

COMMIT AND SCHEDULE



15 MINUTES IS BETTER THAN NO MINUTES!

1. Choose your time blocks.
I'm committing to clearing for _____ minutes a week.



SET YOURSELF UP FOR SUCCESS!

2. Schedule with a pinky swear.
I am choosing these days/times: _____.



TAKE ADVANTAGE OF THE ACCOUNTABILITY!

3. Name and claim it.
Share your answers and commitment with the group under the ARE YOU IN? post!

CLEAR AND CHEER!



baby steps.

progress not perfection.

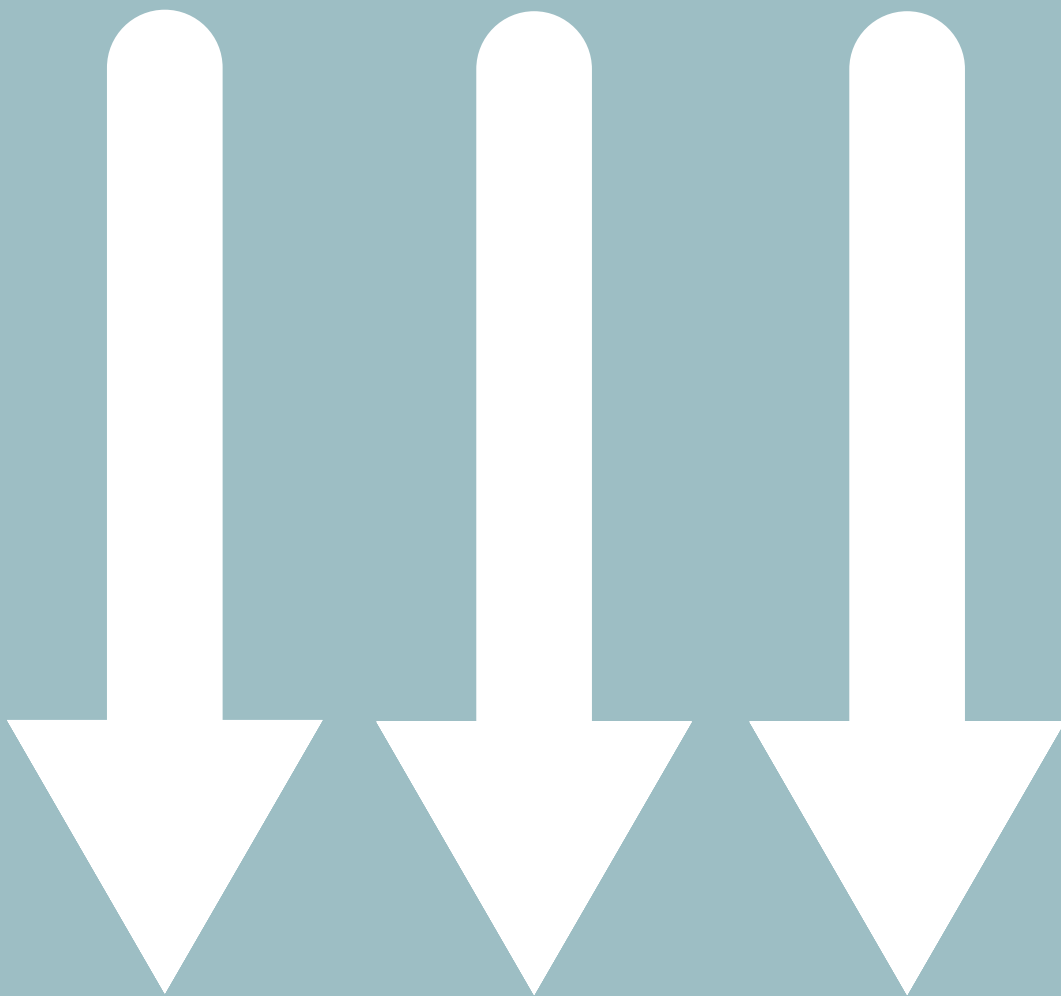
cheer yourself on.

come be cheered by others.

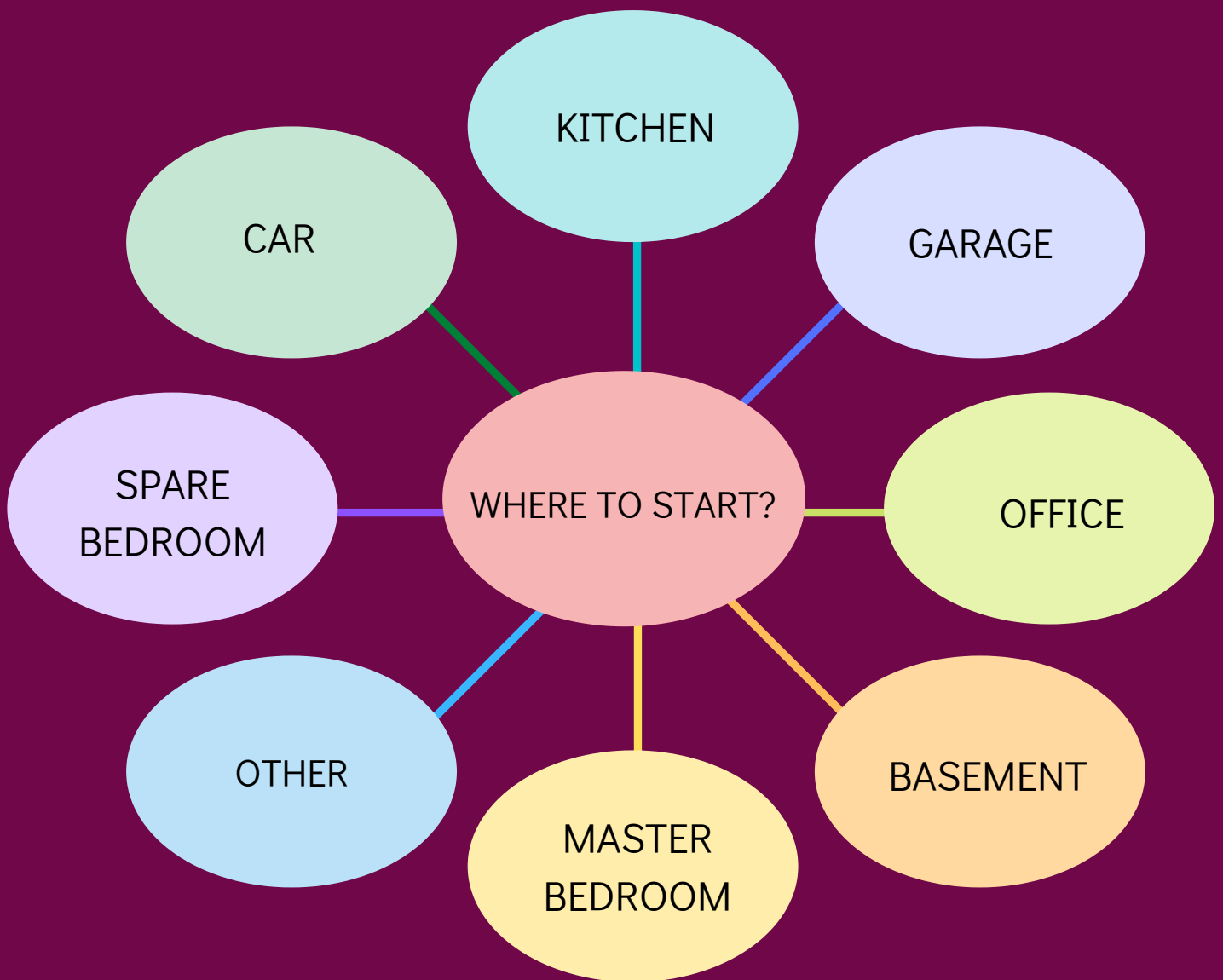
please cheer others on!



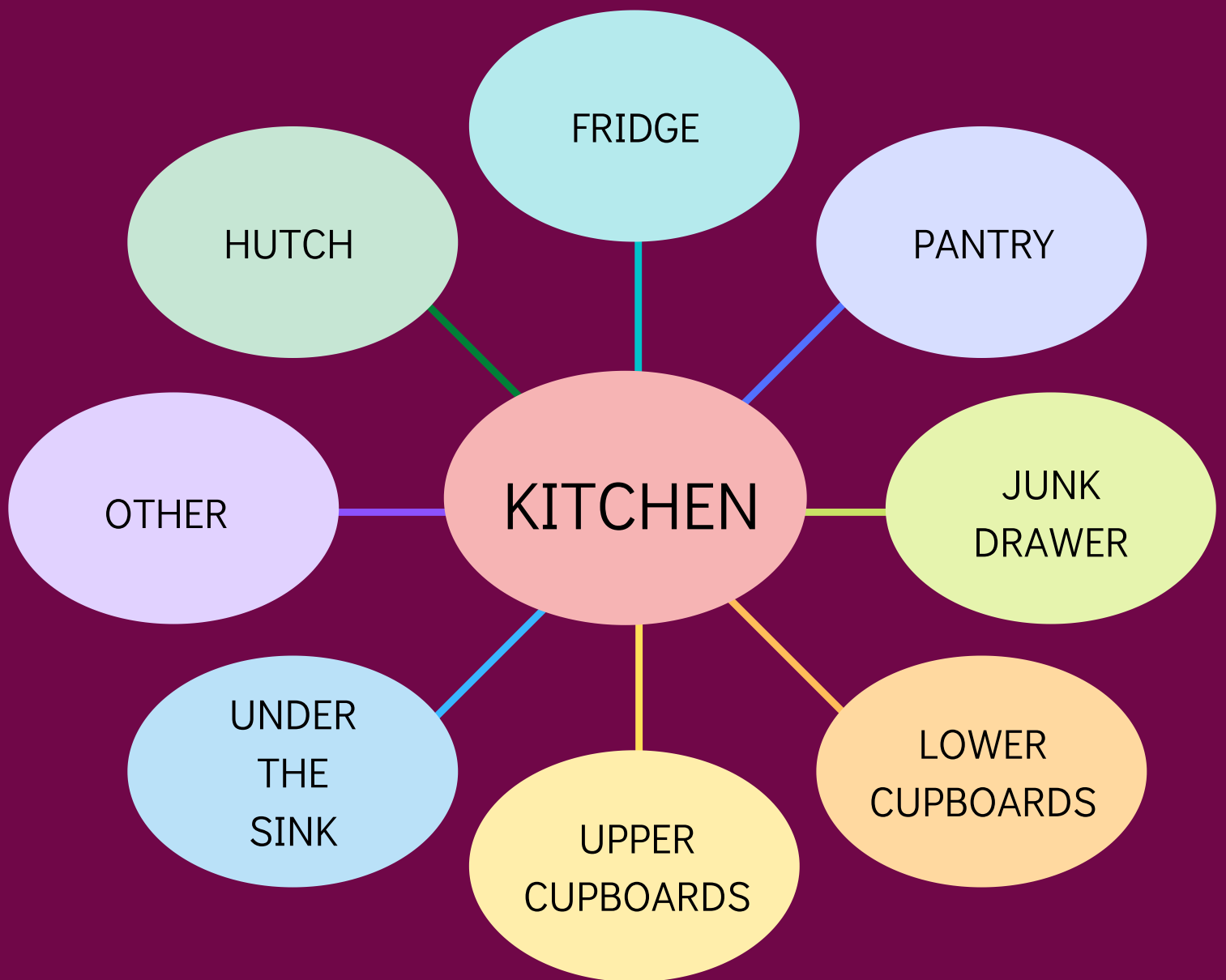
**SCROLL FOR EXAMPLES
AND A TEMPLATE THAT
YOU CAN USE!**



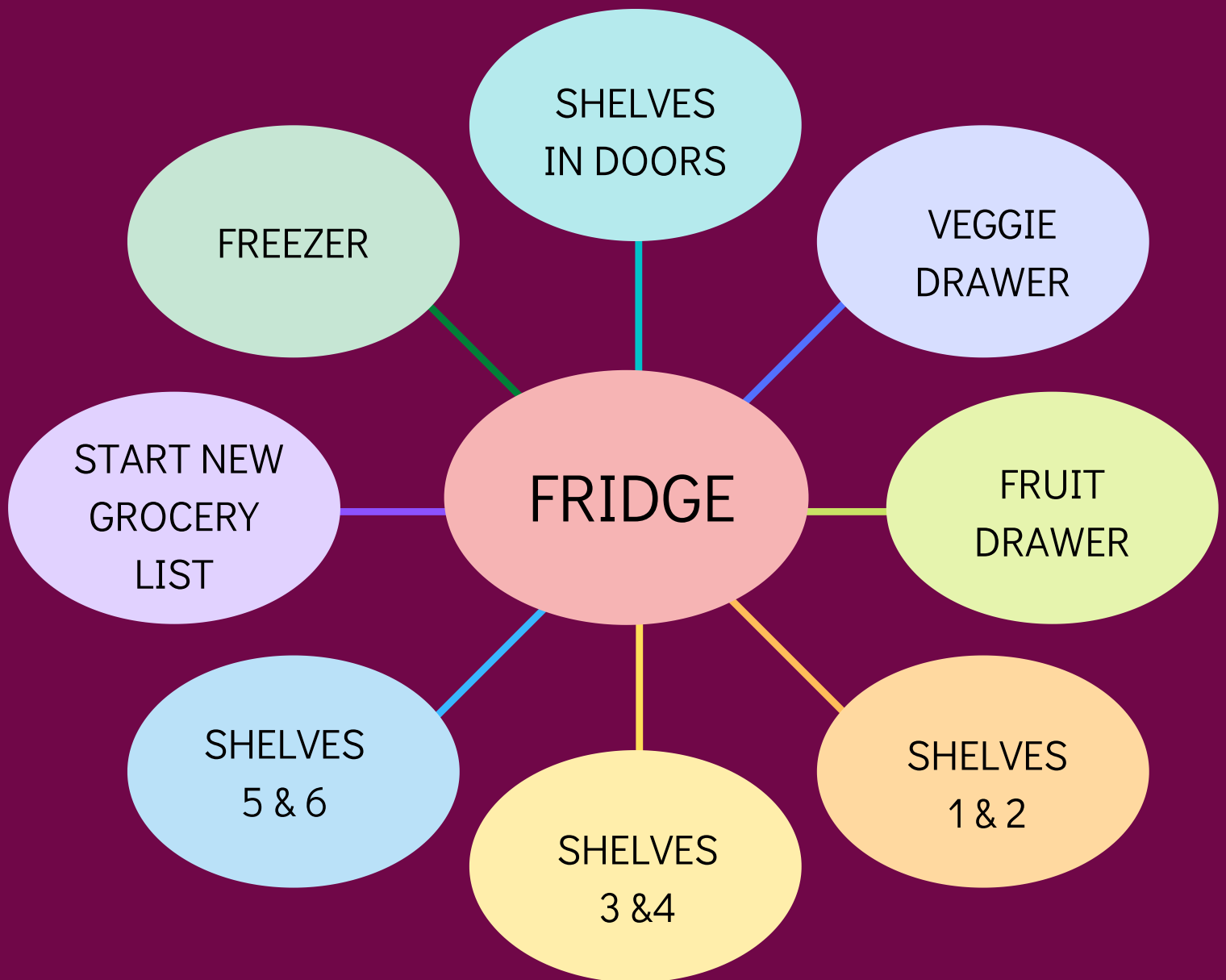
TANGIBLE CLUTTER



TANGIBLE CLUTTER/EXAMPLE KITCHEN

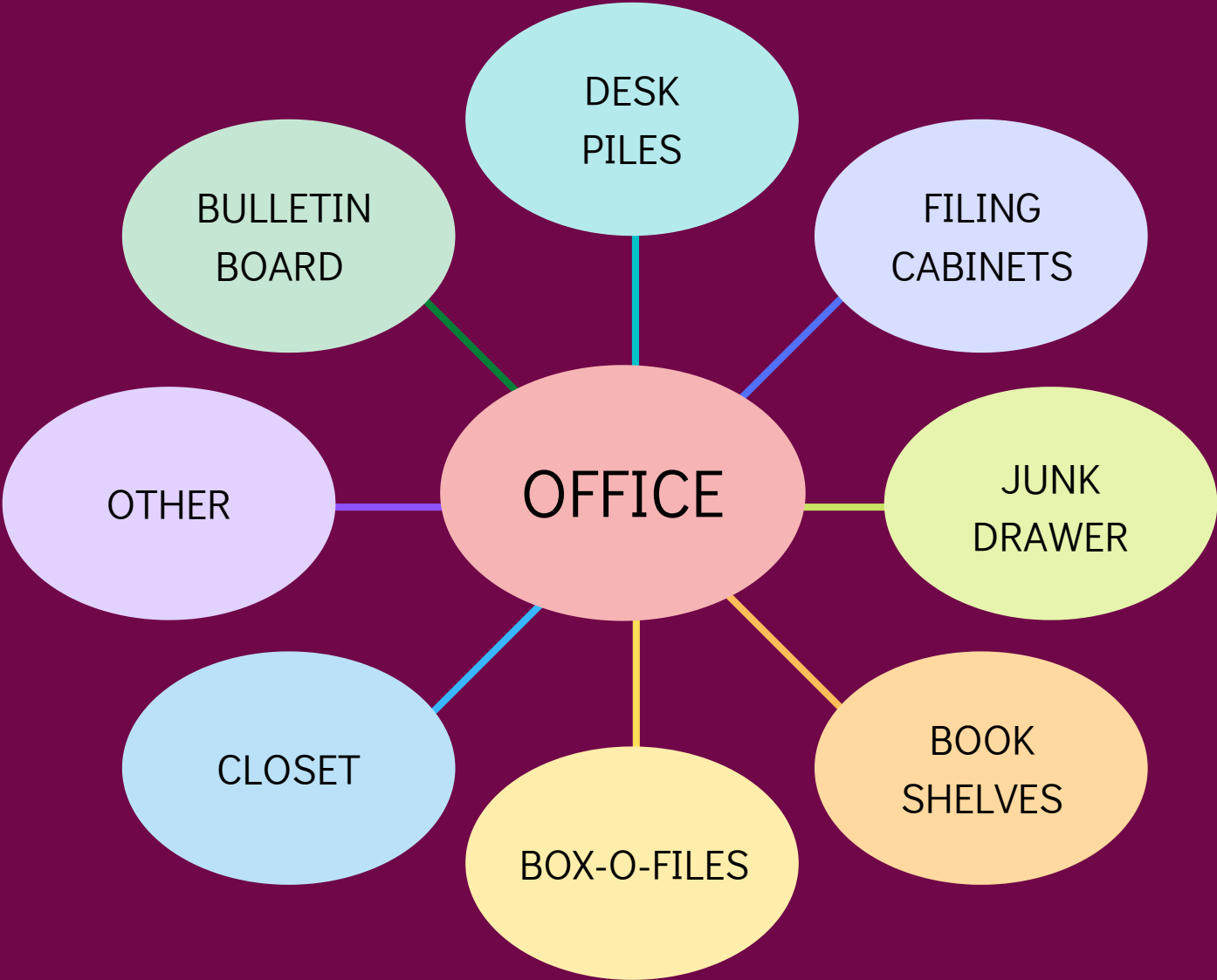


TANGIBLE CLUTTER/NEXT STEP KITCHEN



**TIP: HAVE THE GROCERY LIST HANDY, YOU'LL BE
NEEDING SOME NEW CONDIMENTS!**

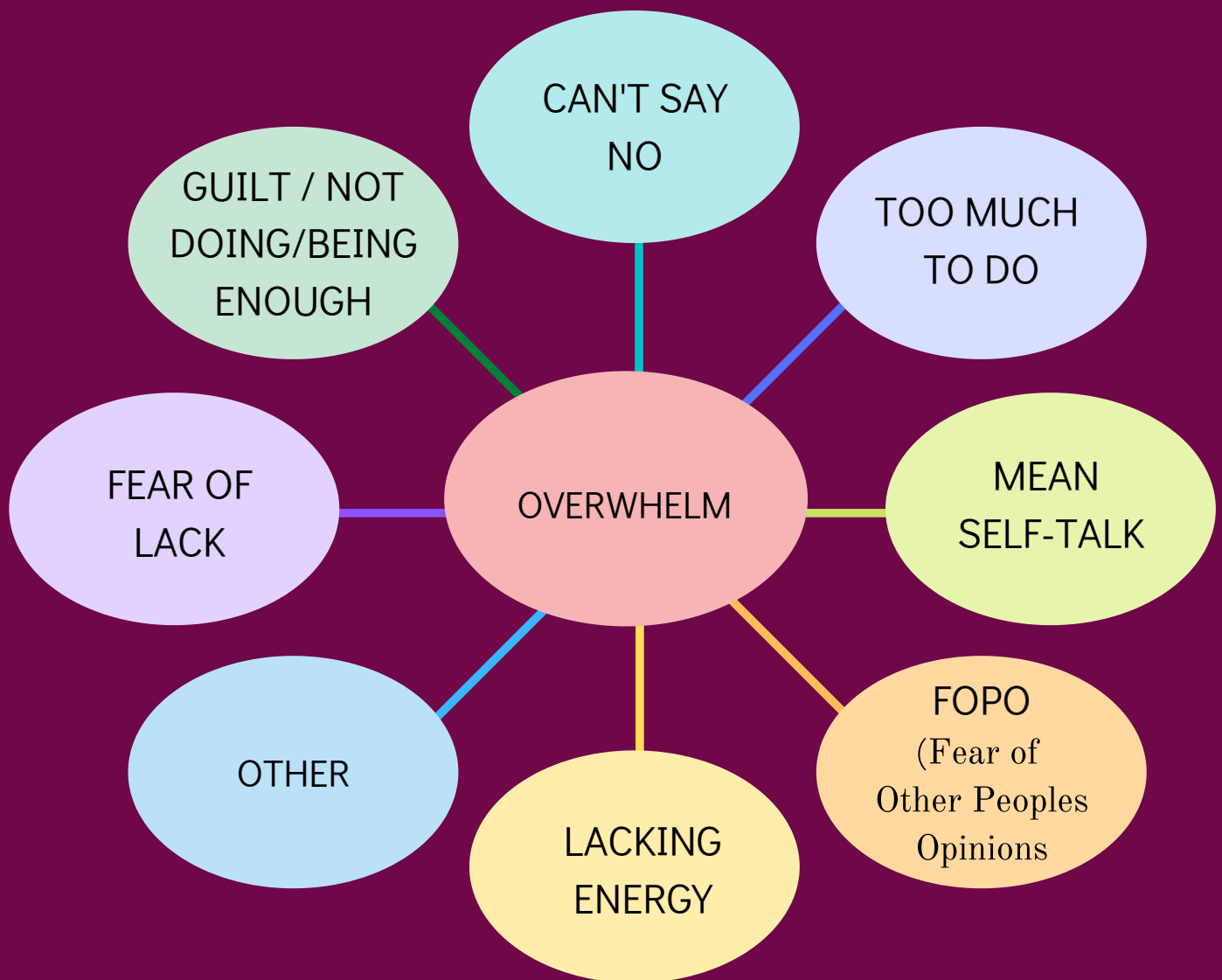
TANGIBLE CLUTTER/EXAMPLE OFFICE



MENTAL CLUTTER



MENTAL CLUTTER/EXAMPLE OVERWHELM

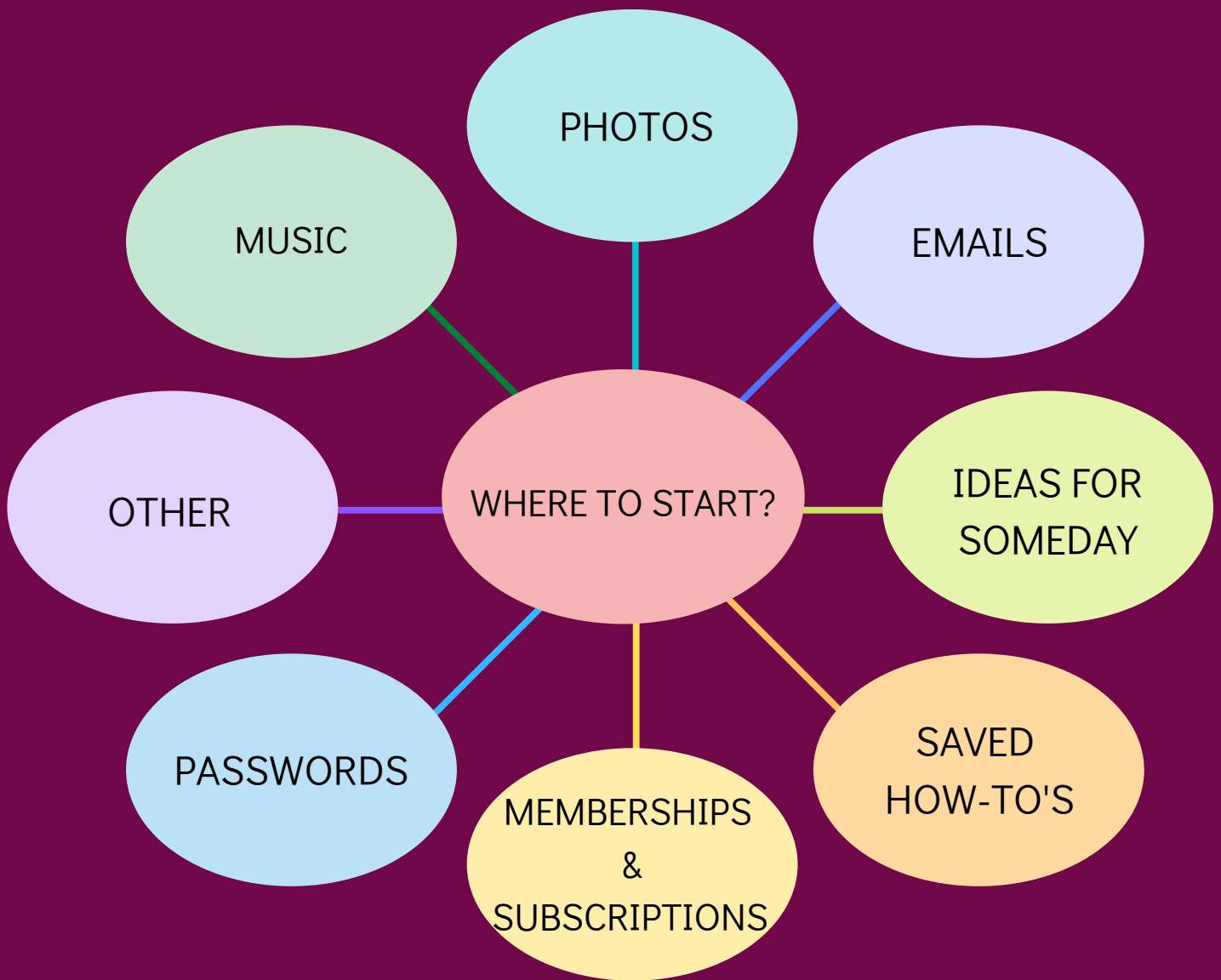


MENTAL CLUTTER/ OVERWHELM NEXT STEPS



FOMO=FEAR OF MISSING OUT

DIGITAL CLUTTER

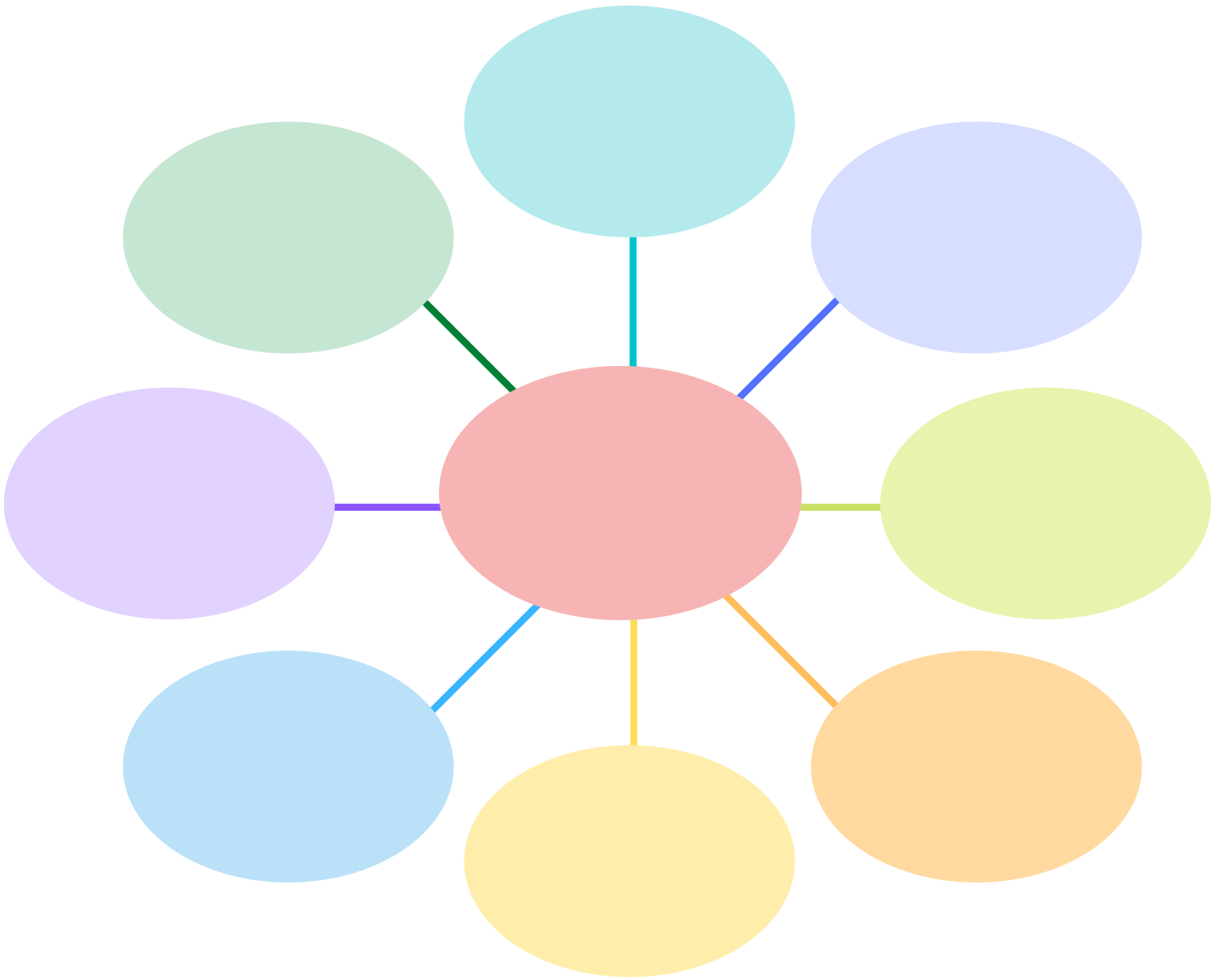


DIGITAL CLUTTER/EXAMPLE PHOTOS



TIP:

I found it easiest to start looking for pics to delete first.



Clear the clutter!

Tracking Progress (not Perfection)

Month

| SU | MO | TU | WE | TH | FR | SA |
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NOTES

THANK YOU FOR BEING HERE!



Questions or feedback?

Don't be shy!

robin@robinmcintire.com