

Decluttering Worksheet To Focus on The Necessary Things

Philippians 4:8 (NIV)

8 Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

Clarify what is causing you to be distracted -

Take time to meditate and/or journal about your space and life to see where you need help.

The below areas need to be decluttered from my life.

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

Set Time Goals

After determining what areas of your life need decluttering, set a deadline of completion.

(EXAMPLES)- If it is your home, allow 20-30 minutes to “tidy up”, each day and have it completed within (1) one month. If it is toxic relationships, plan ways to pull back from them and finally eliminate them from your immediately circle of friends and/or family.

Celebrate!— Keep reminding yourself to focus on the list in *Philippians 4:8* to keep on task with living a full life.