

# CURATE THE CALM; THE SIMPLE EDIT

If your environment feels overwhelming, this guide will help you identify key problem areas and take the first small steps toward a calmer, more intentional home. Before taking action, it's essential to pause and observe.

## YOUR TOP 3 AREAS OF CHAOS; IDENTIFY YOUR CLUTTER HOTSPOTS

Take a few minutes to identify the top 3 clutter hotspots

*Examples could include your kitchen admin pile, the entryway, a specific category like your wardrobe, or even a part of your daily routine!*

- 1:
- 2:
- 3:

*Start with the first area on your list and work through the following steps at your own pace. Once you've tackled one area, move on to the next!*

## BEHIND THE OVERWHELM; UNCOVER THE HABITS CREATING THE CLUTTER

Take some time to observe the top 3 habits/contributing to the overwhelm in area:

Area:

Habit(s) / contributions / observations behind the clutter:

- 1.
- 2.
- 3.

## INTENTIONS; CREATE YOUR INTENTIONAL CHANGE

Take some time to reflect & set your intentions for change:

What's the most significant contribution you've noticed?

Note down how you want to feel about this routine/category/space:

CLEAR THE CHAOS

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# CLEAR THE CHAOS

## Curate the Calm

### ONE SMALL ACTION; YOUR FIRST STEP TOWARD CHANGE

Consider what small, intentional change could start to disrupt this pattern.

Start with one small action you can take today. By focusing on one area and committing to one step, you're setting yourself up for long-term success.

Which action will you commit to today?

How will you make this small action a regular habit? I will ensure this is part of my routine by:

*Suggested Small Actions: Set a timer for 5 minutes and tidy up the area you've identified. Pick one drawer and declutter it. Create a simple visual reminder to reinforce your new habit.*

### BUILD MOMENTUM AND STAY ON TRACK

Set your intention: I will focus on this one area until it feels less overwhelming.

Promise Yourself: Name the next action you'll tackle once your first becomes habit?

### OBSERVE WHAT YOU DON'T USE; BONUS REFLECTION

Take some time to step back and observe the things and spaces you avoid. These often reveal what's no longer serving you.

*This extra step helps you identify areas where you can let go, creating more space & calm in your home, making away for those beautiful items that bring you peace.*

*Imagine a home that supports your lifestyle  
where every space feels curated, intentional, and calming.  
Reach out today for bespoke organisation solutions tailored to you.*

# CLEAR THE CHAOS

## Curate the Calm

As you continue, remember: Small, intentional actions lead to big changes. Stick with it, and your home will soon feel calmer, more organised, and full of purpose.

### Step 1: Your Areas of Chaos

1.
2.
3.

### Step 2: Behind the Clutter

Area:

What is contributing to the clutter in this area? Note down your observations

### Step 3: Observations & Intentions

What's the most significant habit you've noticed contributing to the clutter in your space, and how does it affect your mindset??

What change in perspective do you need to make to begin shifting this habit?

### Step 4: One Small Action

What small action will you focus on today, and how will you make it part of your routine?

# CLEAR THE CHAOS

## Curate the Calm

### PAUSE, OBSERVE, AND REFLECT

Pausing to reflect helps uncover the routines behind clutter and overwhelm.

It's about editing and elevating your home to and, more importantly, reflect who you truly are.

The goal is to create a simple, yet beautiful space that feels like your sanctuary.

### WORDS OF WISDOM

- Start small and simple:
  - Avoid tackling sentimental items right away.
  - Begin with manageable areas like a single drawer, a surface, or a category that feels less emotional.
- Remember: You can't organise clutter:
  - Excess stuff is the number one cause of clutter.
  - Decluttering is about reducing what you own, not about finding more storage solutions.
- Use the "10-Minute Rule.":
  - If something will take less than 10 minutes to tidy or resolve, do it immediately.
  - This prevents small messes from growing into overwhelming clutter.
- Set boundaries for new items:
  - To maintain your progress, consider creating rules for what comes into your home.
  - For example, adopt a "one-in, one-out" policy!
- Keep essentials visible and accessible:
  - Store items you use daily in easy-to-reach places.
  - For example, create a drop zone by the door for keys, wallets, and bags to avoid losing them.
- Celebrate your wins:
  - After completing each small task, take a moment to appreciate the progress you've made.
  - This will keep you motivated and remind you that even small changes make a big difference.

*Imagine a home that supports your lifestyle.*

*Laura x*

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