

# Overwhelmed by Clutter?



## 5 Simple Steps to Get Started

**01**

**Pick One Small Area to Start:**

**Choose one drawer, shelf, or small corner you can fully complete.**

**02**

**Set a timer that works for you:**

**5–10 minutes to begin, or 20–30 if you're ready.**

**03**

**Sort items into 3 categories:**

**Sort items into 3 categories: Keep, Donate, Trash**

**04**

**Take it step by step :**

**Split larger areas into small tasks.**

**05**

**Celebrate your progress and plan your next small win.**

**Want help reclaiming your home without feeling overwhelmed? Book a session with me today!**