



# Simplify Your Home

Does your life feel a bit chaotic and disordered? Perhaps it is time to take a walk through your home with fresh eyes and simplify your surroundings. There is no better time than the beginning of a new year.

**What you need:** pen and paper for notes, a medium-sized box for donating, trash bag for discarding.

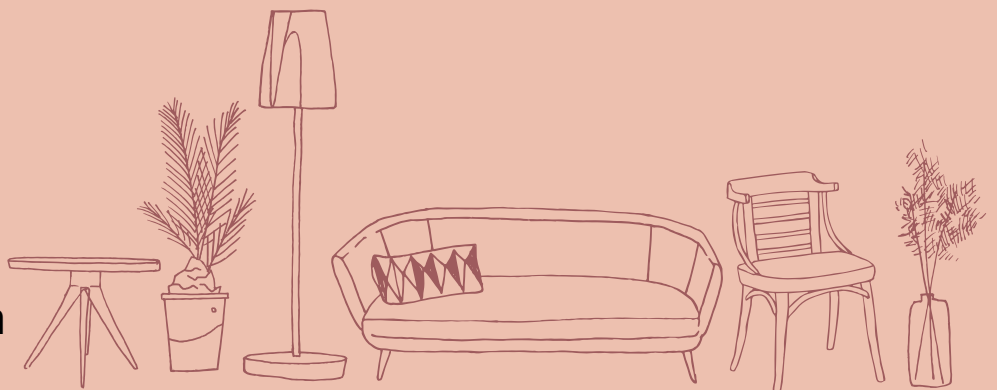
**How to Begin:** Begin with one room and ask yourself each of the following five questions about the items in the room. It sounds hard, but once you get started it gets easier, trust me.

1. What is necessary in this room?
2. What do I love in this room?
3. What adds beauty to this room?
4. What is useful in this room?
5. How does this room make me feel?

As you answer each question, make notes and begin simplifying by removing, discarding, repurposing, and donating.

As you do this, you will start to feel lighter. It's true!

To help get you started, I have created a simple worksheet for your use. If there are more No's next to an item, consider removing it.



# SIMPLIFY YOUR HOME WORKSHEET

Room: \_\_\_\_\_ As of Date: \_\_\_\_\_

Item	Necessary Y/N	Love It Y/N	Beauty Y/N	Useful Y/N	Feel	Keep/ Remove