

## SOUL WORK: WORKBOOK

**T**HE FIRST STEP toward getting organized is taken long before decluttering—it begins with you.

At Organize With Faith, we believe that faith isn't something you find at the finish line. It's the quiet confidence you carry every step of the way. We believe the homes we desire are possible, but more important, we believe that we are capable of making them.

This workbook is your space to tap into that belief for yourself. Through a series of reflective questions, you'll explore your past and your present so as to cultivate a more meaningful decluttering and organizing practice. You'll reconnect with your homemaking purpose and redefine your priorities with intention.

Keep this workbook close by you. Return to it when you need a reminder that transformation happens one step at a time. The journey to a home you love isn't by attaining perfection. It's achieved through faith, acceptance, and the courage to begin.

Let this be the start when you free yourself from the mental, emotional, and physical baggage that may be keeping you from creating a home that resonates with you.

I have included a few sample answers to get you started. Let's begin.

## MIND AND MEMORY

1. What life transition has guided you to this book?

EXAMPLE: Harry, my close friend and mentor, has passed, and I am now faced with the reality of life without him.

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2. What are my top three goals for my home, and how do they align with the top three goals for myself?

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3. What has shifted in your daily life, occupation, or social standing, and what changes have you made in your space to acknowledge that shift?

EXAMPLE: I'm helping Harry's wife, Joanna, go through his belongings at home and in his office. As a result, I have an influx of

his things in my apartment—things the family does not want and charities will not take. Harry’s belongings have so much character and they remind me of what I love most about him. Since his personal items bear meaning for me, I will replace my things that are of no value and use his belongings instead. This replacement will allow me to integrate his possessions into my life.

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4. What was your childhood home like, and in what ways does it differ or share similarities to your home now?

EXAMPLE: As children, we deep-cleaned every Saturday. It was important to my mother that we kept the communal spaces clean. We could keep our bedrooms as clean or as messy as we liked. My room was never clean; I was messy. As an adult, I deep-clean my house and do my laundry every Saturday. I think the practice of tidying up as a child—but also the liberty of having a messy room—granted me permission to express myself the way







or that are yet to come. In the context of home life, faith can serve as a guiding principle, influencing our daily routines, interactions, and the overall atmosphere of our living spaces. It provides a foundation for trust, hope, and resilience, enabling us to navigate challenges and celebrate joys within our homes. The following questions are meant to help you think about your faith and how it has influenced your life.

1. What do you have faith in, and what role does it play in your life?

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2. My greatest strengths are:

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3. My greatest challenges are:

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## PERSONALITY

1. I am quiet and reserved in my home when I . . .

EXAMPLE: I am quiet and reserved in my home when I feel like I am on overload and need to decompress. When I have consumed too much information, or have gone through a difficult or stressful time, that is when I need silence to process things.

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2. I am social and outgoing when I . . .

EXAMPLE: When I am relaxed and I feel like all of my needs have been met.

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3. I have changed over the last five years in the following ways.  
This is how I can see a reflection of those changes in my space.

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4. What is my work-life balance and how does it make me feel?

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5. I support myself in my space during stressful situations in these ways.

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6. How is my definition of success reflected in my space?

EXAMPLE: When I was younger I defined success by wealth—by the social signifiers that showed I was financially doing well.

As I've gotten older, my definition of success has shifted. Now, it's defined by my relationships with the people I respect and love—their photos fill my space. Success to me, is also the quality of my free time, which I now spend gardening at my apartment and cabin.

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## RELATIONSHIPS

7. This is how I respect myself. These are my practices:

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8. This is how I respect others:

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9. When I am feeling anxious, overwhelmed, or full of love, how does my space reflect each of those emotions?

EXAMPLE: When I am feeling anxious, I distract myself by cleaning up. My house is impeccable when I have anxiety—it



## BODY CARE, SLEEP, AND ROUTINES

1. My bedtime routine is the following:

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2. My bedroom supports my sleep habits in these ways:

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8. How does the state of my kitchen affect my desire to nourish myself?

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9. Does my kitchen meet my current needs? What simple things could I do to improve my kitchen?

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## COMMUNICATIONS AND PERSONAL EXPRESSION

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1. How does the state of my space affect my viewpoint in going home—my mood—my feelings toward my home?

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2. How does my environment shape my relationships with others?

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3. What thoughts or insecurities limit my growth or block me from expressing myself to my fullest ability?

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6. What am I most grateful for in my space, and how do I express my gratitude in the space?

EXAMPLE: I am most grateful for cultivating a home that is a place of peace. When life is stressful, I have a place to come home to that restores me. I am grateful for the quietness. I express my gratitude by being kind to my neighbors and putting things away toward the end of the day so I can get a head start in the morning without friction.

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## HOME

1. In what ways does my home serve me, and in what ways does my home restrict me?

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2. Is getting organized important to me?

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3. What domestic steps can I take to help me achieve my goals?

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6. This is how I care for my space:

EXAMPLE: I clean up after myself. I keep my refrigerator well stocked, and I buy only what I can eat so I do not waste food. I get things fixed when they are broken. I keep a list of things that need to be done so they are not forgotten. I water my plants. I get rid of things that are useless so my space does not become a graveyard of junk. I let go of whatever no longer serves me and the space.

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7. This is how I ask others to care for my space:

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8. Each room in my home is filled with . . .

EXAMPLE: Love, beauty, color, and things that remind me of my loved ones and my history.

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9. My home reflects my . . .

EXAMPLE: My home reflects my hard work, creativity, and determination. I find that whatever I am working on, I am surrounded by it in my home. Whether it is the book I am writing or new projects, whatever is a priority in my life at the moment takes center

stage in my environment. I prioritize the things that matter to me the most, and I allow them to take up space in my home.

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10. These are colors that soothe me:

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11. This is how I display objects that are meaningful to me:

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