

Things to Change

Give Up:

Start:

Chocolate

More Fruits

Alcohol

More Water

Coffee

Herbal Teas

Meat

Exercise

Internet

Writing Letters/Cards

Complaining

Complimenting others

Snooze Button

Waking up early

Sugar

Bible Study

Shopping

Smiling

Sodas

Memorizing Verses

Ice Cream

Praying for others

TV

Acts of Kindness

Social Media

Spend Time Outdoors

Sweets

Cleaning your house

Eating Out

Journaling

Junk Food

Going to Church

Make Up

Volunteering

Video Games

Trying new recipes

Late Nights

Meal Planning

Single Use Plastics

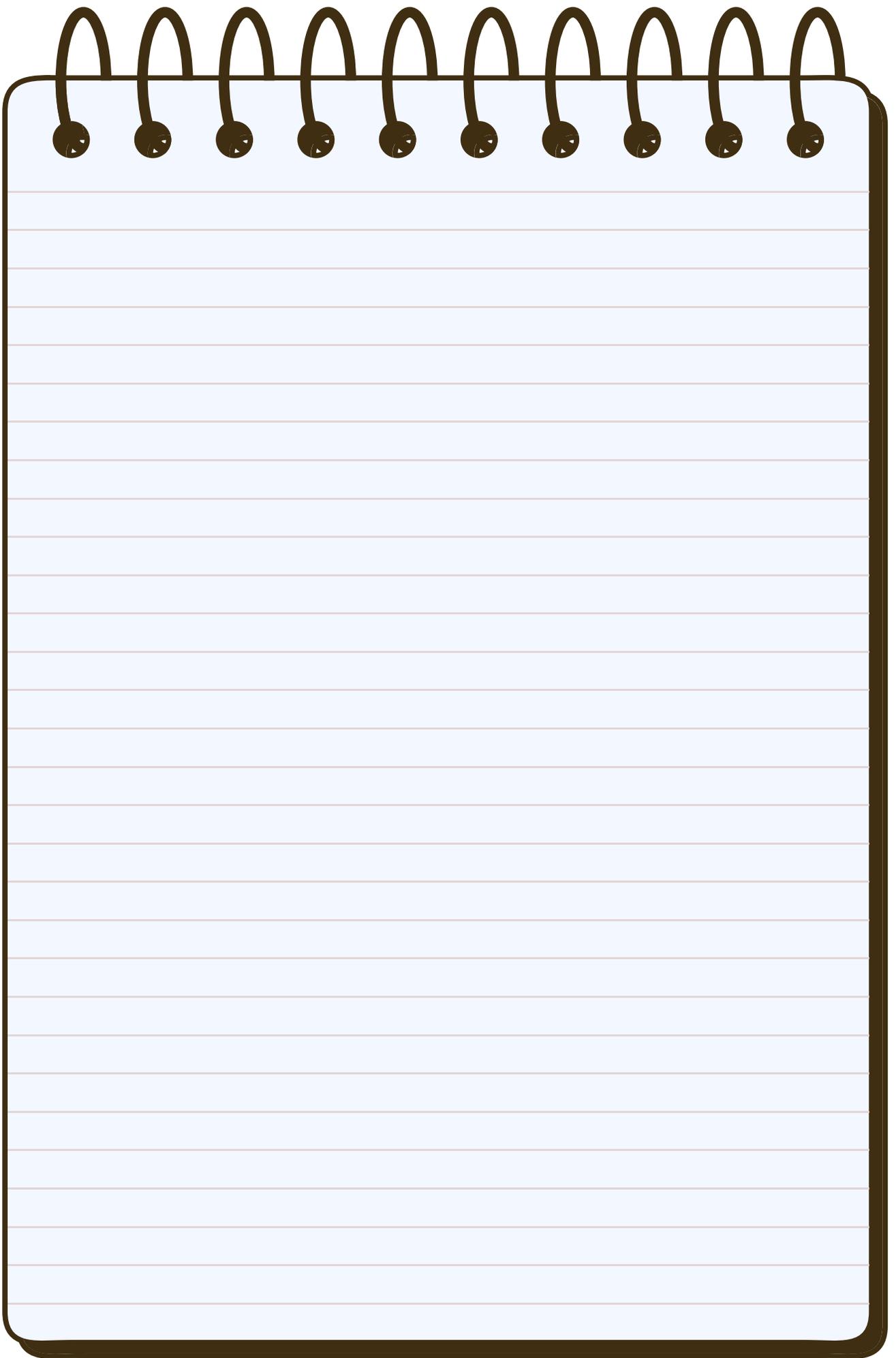
Spend time with others



Things to Change

Give Up:

Start:



Things to Declutter

I try to fill one bag, big or small, at a time when decluttering.

If I am having a hard time, I try to set a small number of items to declutter.

Identify your problem areas first and start there.

Start with one drawer, shelf, or cabinet at a time.

Setting a timer for 10-15 minutes at a time can also help.

Items that have expired

Items that you don't use

Extra/Duplicate Items

Damaged/broken items

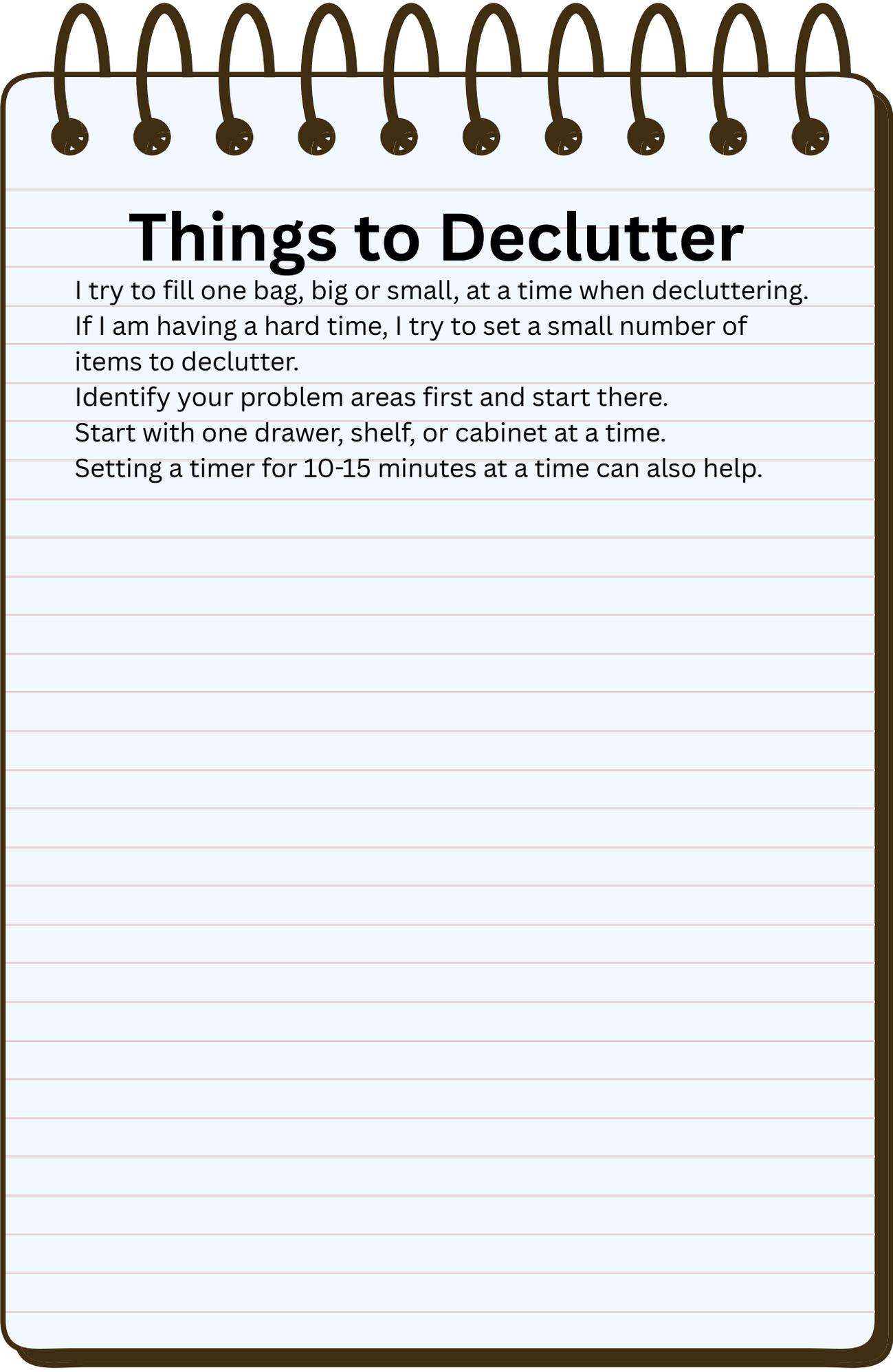
Items that you no longer enjoy

Items that don't match or fit in to your style

Extra Activities

Emails

Other

A graphic of a spiral-bound notebook with a dark brown cover and a white page with horizontal lines. The spiral binding is at the top. The text is written in a clean, sans-serif font.

Things to Declutter

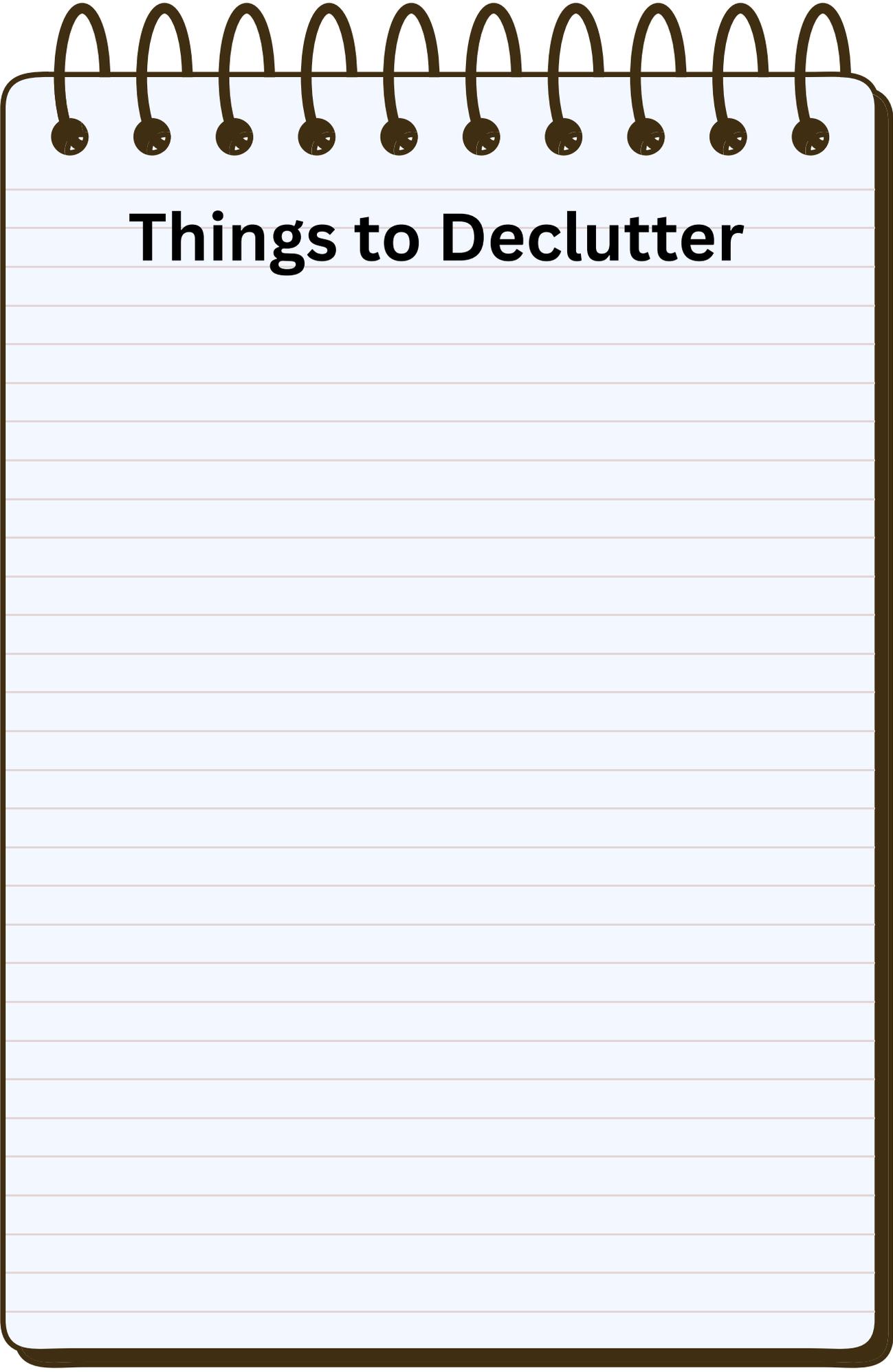
I try to fill one bag, big or small, at a time when decluttering.

If I am having a hard time, I try to set a small number of items to declutter.

Identify your problem areas first and start there.

Start with one drawer, shelf, or cabinet at a time.

Setting a timer for 10-15 minutes at a time can also help.

A spiral-bound notebook with a dark brown cover and a light blue page. The page is ruled with horizontal lines. At the top, there is a dark brown spiral binding. The title "Things to Declutter" is written in a bold, black, sans-serif font, centered at the top of the page. The rest of the page is blank, with only the horizontal ruling lines visible.

Things to Declutter

Areas to Declutter

I try to fill one bag, big or small, at a time when decluttering.
If I am having a hard time, I try to set a small number of items to declutter.

Identify your problem areas first and start there.

Start with one drawer, shelf, or cabinet at a time.

Setting a timer for 10-15 minutes at a time can also help.

Kitchen

Dining room

Livingroom

Main Bathroom

Master Bedroom

Master Bath

Laundry

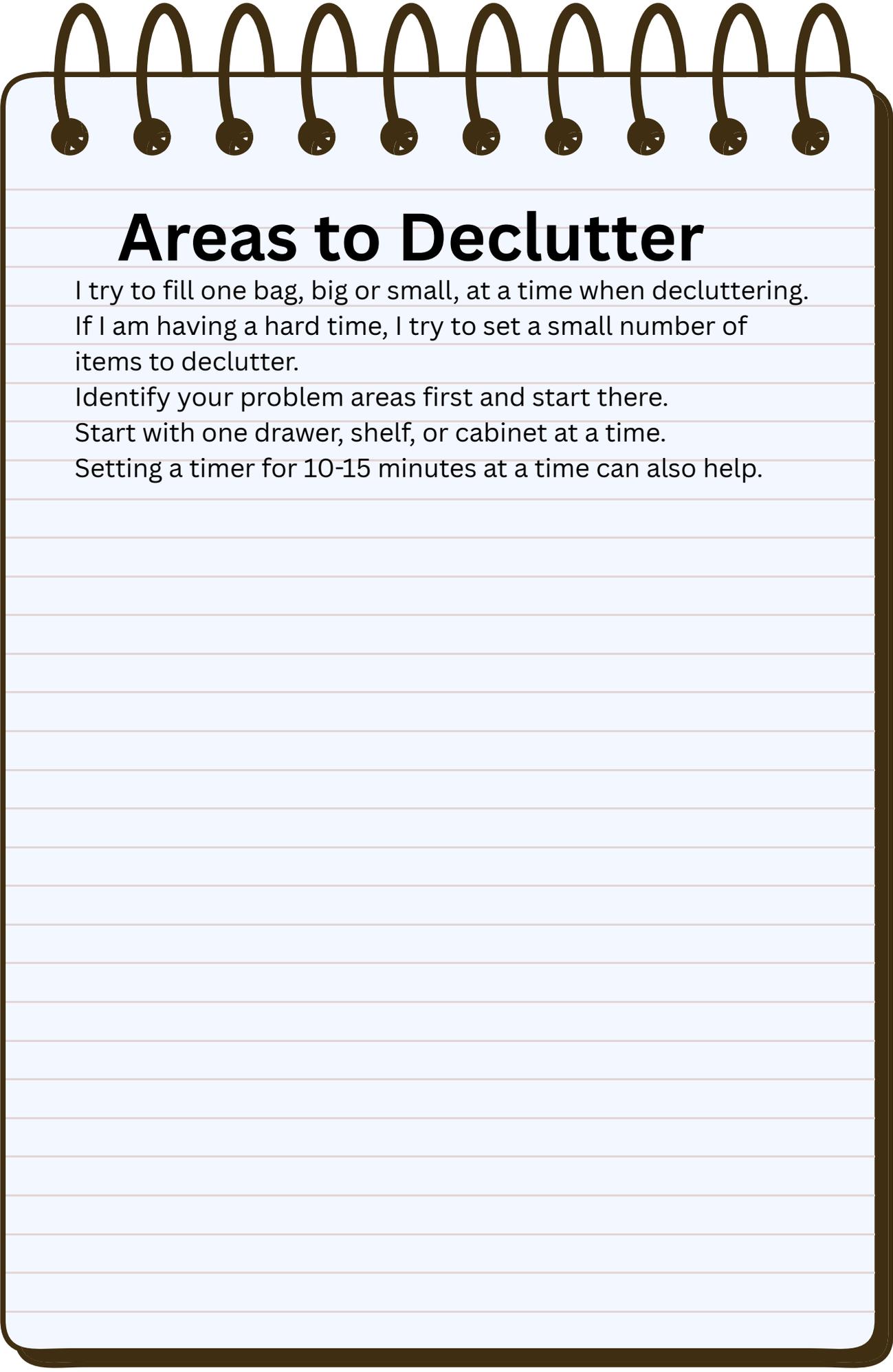
Garage

Porch(es)

Outdoor Shed

Other Rooms

Other Areas

A graphic of a spiral-bound notebook with a light blue cover and a white page with horizontal lines. The spiral binding is at the top. The text is written on the page.

Areas to Declutter

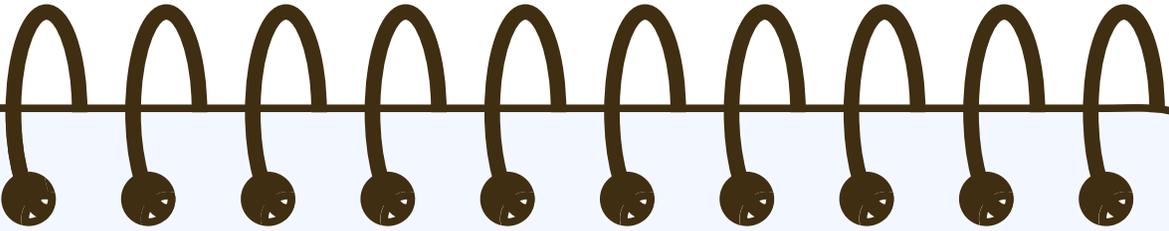
I try to fill one bag, big or small, at a time when decluttering.

If I am having a hard time, I try to set a small number of items to declutter.

Identify your problem areas first and start there.

Start with one drawer, shelf, or cabinet at a time.

Setting a timer for 10-15 minutes at a time can also help.



Areas to Declutter

A series of horizontal lines for writing, starting from the top of the page and extending to the bottom. The lines are evenly spaced and cover most of the page area.