

Guide to the 15-Minute Daily Declutter Diary

Hey there!

I'm so glad you downloaded the 15-minute Daily Declutter Diary. You are on your way to a clutter-free life!

Here's how you can maximize the use of this diary.

First Page: REASONS FOR DECLUTTERING

Write here five reasons why you want to declutter. You may have more than five. In that case, rank them. Write only the first five reasons that strongly resonate with you.

After accomplishing this task, post the paper on your wall, or any place you prefer where you can always read it. The more you are reminded of these, the more you will appreciate the need and the importance of this 15-minute decluttering habit, and the more likely that you will keep up to it.

Second Page: THE MONITORING GUIDE

This is what you fill up daily AFTER finishing the 15-minute declutter activity. Just answer the questions after every activity.

Compile this everyday, together with the third page, so you can see after a couple of days how you are indeed moving forward to a clutter-free life! Feel the satisfaction and the joy that comes with it.

Third Page: CLASSIFICATION

It's a daily documentation of the items that you decluttered. Simply write down each item that you classified under each category.

Fourth Page: HABIT TRACKER

Like any other habit tracker, color each box when you are done decluttering for that day. This will help you monitor your progress. Post this on your wall too, or on your table – wherever it's visible to you everyday.

It also adds to the fun as you see each date get filled by color, one by one!

HAPPY DECLUTTERING!

**CREATE MORE SPACE FOR YOU LIFE
BY FOCUSING ON WHAT REALLY
MATTERS.**

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DATE: _____

REASONS FOR DECLUTTERING

1.
2.
3.
4.
5.

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15-MINUTE DAILY DECLUTTER DIARY

DAY: ____

DATE: _____

What was your goal today for the 15-minute declutter activity?	
Did you achieve it?	If NO, why?
Did you have FUN?	If NO, what will you do next time to make this activity enjoyable?
How did you feel after decluttering?	When do you plan to take action on the items you've labeled <i>Needs Immediate Action</i> ? (if any)
Have you taken action already on the items you've classified under <i>Needs Immediate Action</i> the previous day? If not yet, when will you take action on it?	
REALIZATION:	

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15-MINUTE DAILY DECLUTTER DIARY

DAY: ____

DATE: _____

DECLUTTERED AND CLASSIFIED

TRANSFER	KEEP
SELL/GIVE/DONATE	
NEEDS IMMEDIATE ACTION	RECYCLE/UPCYCLE
TRASH	

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15-MINUTE DAILY DECLUTTER HABIT TRACKER

YEAR 2018

JAN	1	2	3	4	5	6	7
8	9	10	11	12	13	14	15
16	17	18	19	20	21	22	23
24	25	26	27	28	29	30	31

JUL	1	2	3	4	5	6	7
8	9	10	11	12	13	14	15
16	17	18	19	20	21	22	23
24	25	26	27	28	29	30	31

FEB	1	2	3	4	5	6	7
8	9	10	11	12	13	14	15
16	17	18	19	20	21	22	23
24	25	26	27	28			

AUG	1	2	3	4	5	6	7
8	9	10	11	12	13	14	15
16	17	18	19	20	21	22	23
24	25	26	27	28	29	30	31

MAR	1	2	3	4	5	6	7
8	9	10	11	12	13	14	15
16	17	18	19	20	21	22	23
24	25	26	27	28	29	30	31

SEP	1	2	3	4	5	6	7
8	9	10	11	12	13	14	15
16	17	18	19	20	21	22	23
24	25	26	27	28	29	30	

APR	1	2	3	4	5	6	7
8	9	10	11	12	13	14	15
16	17	18	19	20	21	22	23
24	25	26	27	28	29	30	

OCT	1	2	3	4	5	6	7
8	9	10	11	12	13	14	15
16	17	18	19	20	21	22	23
24	25	26	27	28	29	30	31

MAY	1	2	3	4	5	6	7
8	9	10	11	12	13	14	15
16	17	18	19	20	21	22	23
24	25	26	27	28	29	30	31

NOV	1	2	3	4	5	6	7
8	9	10	11	12	13	14	15
16	17	18	19	20	21	22	23
24	25	26	27	28	29	30	

JUN	1	2	3	4	5	6	7
8	9	10	11	12	13	14	15
16	17	18	19	20	21	22	23
24	25	26	27	28	29	30	

DEC	1	2	3	4	5	6	7
8	9	10	11	12	13	14	15
16	17	18	19	20	21	22	23
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