



The 'LET GO MOVE ON' Program

GUIDEBOOK

5 Essential Steps & 15 Guidelines

How to let go of the physical & emotional 'stuff' of the past
and move on with your life, with clarity and confidence



CONTENTS

Step 1 – Get started	3
Guideline 1 – Where are you now? How did you get there? What's your current change challenge?	3
Guideline 2 – Clarify your needs and values before you plan your future.....	5
Guideline 3 – Where do you want to go? What's your goal/vision for the next chapter of your life?	6
Step 2 – Map the space.....	9
Guideline 4 – How 'mapping' your home can help you to understand it - and yourself - better.....	9
Guideline 5 – What are your 'clutter hot spots'? How big or important is each of them?.....	10
Guideline 6 – How can you discover the buried or forgotten treasures under the clutter?	12
Step 3 – Plan for action	14
Guideline 7 – How do you decide which areas of your home you will sort through and where to start? ...	14
Guideline 8 – Plan your investment of time, effort and energy carefully	15
Guideline 9 – Which supplies do you need? How do you organise the disposal of the items?	16
Guideline 10 – Action Plan	19
Step 4 – Let go	20
Guideline 11 – Sort into categories – Discover what you have	20
Guideline 12 – Make decisions – Get rid of clutter	21
Guideline 13 – Organise what you keep – Create order	23
Step 5 – Move on.....	25
Guideline 14 – Maintenance – Practice, evaluate and adjust	25
Guideline 15 – Questionnaire.....	27
A collection of helpful questions	27