

# CLUTTERFREE LIFE TRANSITIONS

## IS MAJOR CHANGE HAPPENING IN YOUR LIFE?

Moving to a new home? Struggling with an 'empty nest'? Considering a minimalist lifestyle? Grieving the loss of a loved one? Searching for a new direction in life? Experiencing divorce? Approaching retirement? Feeling lost in a life transition?

## ARE YOU FEELING STUCK? OVERWHELMED?

#### **DECLUTTER YOUR LIFE**

Let go of what belongs to the past. Move on with your life, with confidence.



## YOU ARE NOT ALONE

Even people with lots of life experience can struggle and feel paralysed in situations of major change. How to start the lifedecluttering process?

If you feel unsure and hesitant, it might help you to know that you don't have to go through the process on your own.

#### I AM HERE TO SUPPORT YOU

I am ready and prepared to support and guide you all the way through, from Step 1 to Step 5 of your 'Let go - Move on' process.

I will bring along my decluttering and life-change experience, a comprehensive set of helpful guidelines and support material, and a box full of proven decluttering and organising tools.

#### **LET'S GET IN TOUCH**

LET GO - MOVE ON Margo Krekeler Declutter & Change Coach 0473 982 141 margot@letgo-moveon.com.au www.letgo-moveon.com.au



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#### **YOUR BENEFITS**

Decluttering can be a very positive and productive experience, an opportunity to learn about yourself and your very personal values. It frees you up – without the ballast from the past you are free to move on with your life, with new clarity and confidence.

#### **HOW IT WORKS**

THE 5-STEP 'LET GO - MOVE ON' PROGRAM:

Step 1 – Get started Assess the status quo and define your goals

Step 2 – Map the space Understand your home and your possessions better

Step 3 - Plan for action Develop a strategy and prepare all activities

Step 4 – Let go Get your home and belongings sorted

Step 5 – Move on Evaluate your progress and adjust