



5 STEPS INTO A CLUTTERFREE LIFE

WORKSHOP

STEP 1

GET STARTED

WORKSHEET

STEP 1 – GET STARTED

All **topics of Step 1 – your current reality, your values, and your vision** – are important elements of the foundation of a declutter project.

Here, in our workshop, we **focus on your values**, especially the values that are related to your home.

Your values - What's important to you in your life

Our values are what we find meaningful and important in our life, giving us clarity and direction. They are like an internal compass that guides and motivates us.

Values exist, whether we recognise them or not. Life can be much easier when we consciously acknowledge our values – and when we make plans and decisions that honour them.

Being aware of our values keeps us **focused, committed and motivated.**

Why you need to be aware of your values *before* your start to declutter

Your decision to declutter your home / life is closely linked to your values. You are probably not happy with the current reality because you have **neglected some of your personal values** – you haven't 'valued' enough what's really important to you.

Getting aware of your values will help you to redirect your attention to what's important to you, and to **truly know and feel your Why**: *Why* the clutter in your home and life is a problem for you, and *why* you decided to get active and to do something to make things better.

Whenever you have to make a decision or choice, your values guide you. You can always **ask yourself**

'Is this (activity, decision, commitment) in alignment with my values?'

Take some time and **use the Exercise 1 below** to get **clarity about your very personal home-related values.**

EXERCISE 1 – Values related to your home

Find out **what's really important to you in your home.**

PART A - Simplicity or abundance?

Start with this very simple and highly helpful question (Source: Gretchen Rubin):

- **Are you more attracted to simplicity?**

Simplicity lovers prefer to have less, and are drawn to subtraction, emptiness, bare surfaces, and fewer choices.

- **Or are you attracted to abundance?**

Abundance lovers prefer to have more, and are drawn to fullness, overflow, collections, and many choices.

Mark your preference:

Simplicity or abundance in my home? This is my preference:

I am a simplicity lover	<input type="checkbox"/>
I am an abundance lover	<input type="checkbox"/>

Knowing your preference helps you to understand better

- what might not be working in your home currently,
- why it's not working,
- and what type of changes might be helpful.

For example: **If you are an abundance lover**, it doesn't make sense to force yourself into a minimalism lifestyle – you will not be able to enjoy all the clear and clean surfaces.

The opposite is true **if you are a simplicity lover**: Because of your inner preference of clearness and emptiness you will feel uncomfortable and distracted by too many 'nice little things' on your shelves or walls.

If you don't live on your own in your home:

- What preference do your housemates have?
- Is it different to your preference?
- Could this explain some of the discussions you have about your home (and the clutter)?

PART B - What makes you 'feel home' at home?

Consider the following list and mark those words that come closest to **how you want to feel coming home**.

Add more words to the list if you miss any that are important to you.

balanced	calm	cared for	clean
comfortable	content	cosy	creative
energised	focused	grounded	healthy
in control	inspired	joyful	lazy
lively	light	mindful	ordered
peaceful	pleasant	proud	quiet
rejuvenated	relaxed	safe	simple
sorted			

Now go through your selection of values again and choose the **3 most important** values:

My 3 most important values related to my home:

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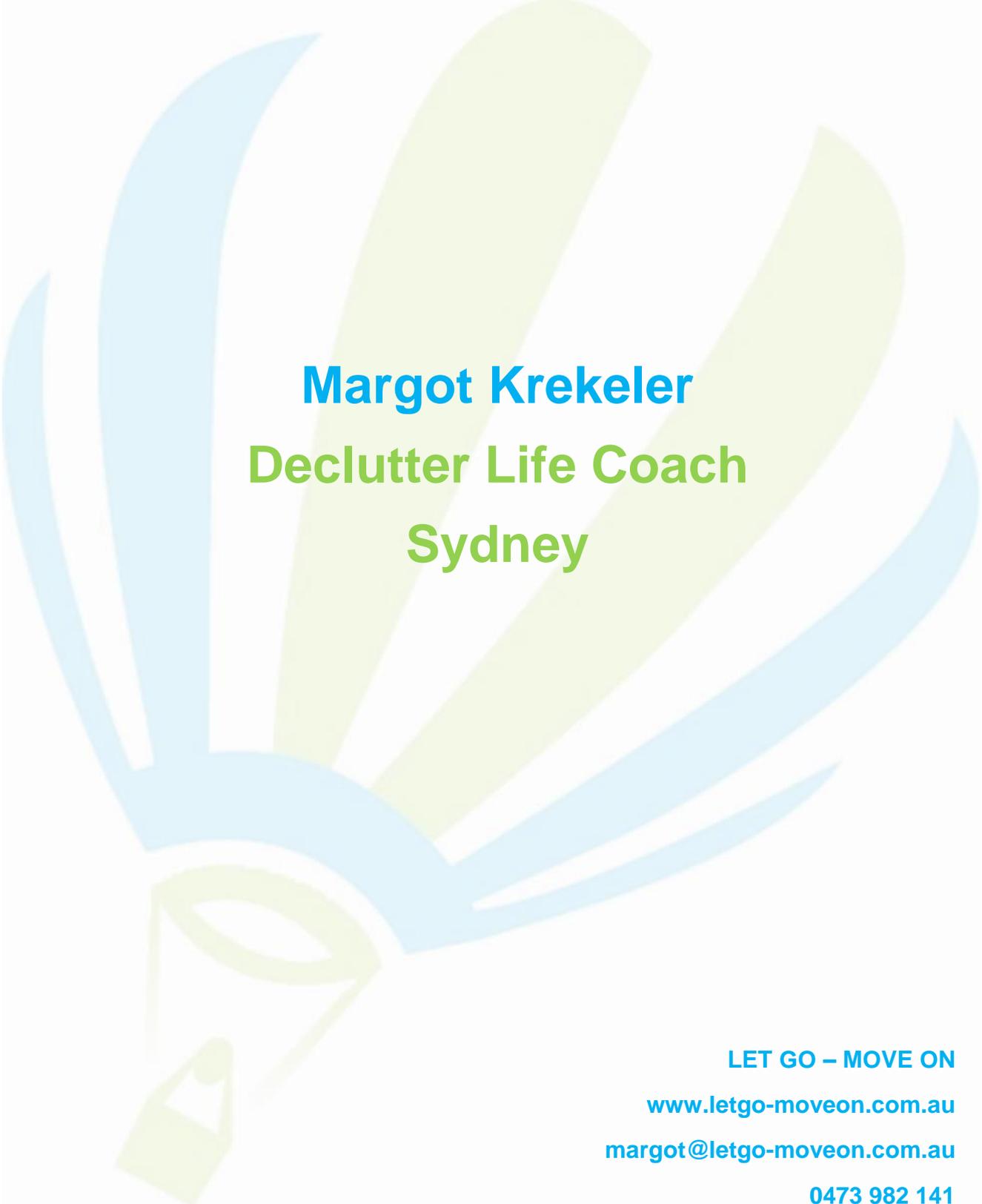
Any surprises?

How do you feel about your most important values?

Are your 3 top values a good match? Or do they 'fight' which each other?
What consequences does / could that have?

Do a little 'home inspection' tour. Walk around, enter every room, and take notes about your observations:

- Which areas of your home do reflect your values already?
- Which areas are not aligned to your values? How would they look differently if they were?



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