

EXERCISE: DECLUTTERING & RENEWING YOUR KINGDOM

What do you need to declutter, clean out, repair, refurbish or let go of?

Review your living and work environments, making a list of everything that is just taking space, everything not serving a true purpose, everything you don't love and are tolerating. The following list offers some starting points; keep adding to it. When you look at decluttering and removing items you don't want, that no longer serve or represent who you are today, ask yourself, *Is this serving a purpose in my life now?* If it isn't, get rid of it – sell it, donate it, trash it.

After preparing your list, pick a room/area and focus on it, step by step, doing maybe only one area a week (or month) – whatever fits best into your schedule. Attempting too much can actually be overwhelming, causing you to stop the process altogether. Relax and enjoy yourself as you take it step by step. I've included a helpful inventory that will assist you to rethink and revision your environment and how it is serving your life.

Exercise: Declutter & Repair Inventory

Does your home represent you? Does your home live up to your standards of neatness? Check off the areas you need to declutter or needs repairs/updating.

Indoors

Kitchen	Bedrooms	Bathrooms
Office	Family room	Living room
Dining room	Basement	Attic
Closets	Drawers & cupboards	Storage areas
Appliances (under & behind)	Refrigerator	Freezer
Furnace	Air Conditioners/Central Air	Air flow vents
Floors & Carpets	Ceilings	Lighting
Hallways	Closets	Garage
Artwork & collections	Plants	Home repairs
Drapes & Shades	Windows & sills	Furniture – Indoor
Furniture – outdoor	Yard	Storage lockers

Outdoors

Does your patio, deck, porch or driveway need to be pressure washed?

Do you have sidewalks or driveways that need cleaning or repair?

Is your grass fertilized and cut regularly?

Do you have trees or shrubs that need pruning or any dead trees or shrubs that need to be removed?

Does the outside of your house need painting? Or pressure washing?

Does your roof or gutters need to be cleaned?

Are potted plants well-tended and attractive?

Does your garden appear to be thriving or struggling, choked with weeds or irregular watering?

Are your hoses neatly stored?

Are there any outside storage areas – are they painted, presentable, and are the inside contents organized & easily accessible?

Is your Barbeque/grills clean and in good working order?

Pool, hot tub, and other water feature maintenance

Pets

How well do you take care of your pets?

Are their shots up to date?

Are their environments clean?

Do you take time to play with your fur babies, birds or other animal family members?