



# Declutter Reset Guide

A PRACTICAL GUIDE FOR GETTING BACK ON TRACK

DITCH THE GUILT, EMBRACE THE FRESH START

<p>Forgive Yourself: No guilt trips, just high fives for past progress. You didn't fail, you paused. Now, relax, breathe, and remind yourself of the freedom that a tidy space brings.</p>	<p>What are you looking forward to? More space, more time, or something else?</p>
<p>Rekindle the Spark: Remember why you started? That zen living space? Repurposing a space? Find your decluttering motivation, write it down and stick it on your mirror as a daily reminder.</p>	<p>What's your motivation/goal?</p>
<p>Baby Steps, Big Cheers: Forget Mount Clutter, tackle mini-missions. One drawer, one shelf, one corner at a time. Celebrate each victory.</p>	<p>Breakdown the project into small steps. What is step one?</p>
<p>Imperfection is Perfection: This isn't a magazine spread, it's your happy space. Stumbles happen, just dust yourself off and keep decluttering!</p>	<p>What is something you can do to avoid set backs? Save sentimental items for last? Schedule decluttering sessions?</p>
<p>Squad Up!: Don't go solo. Let your friends and family know what you're doing so they can cheer you on and help. Decluttering can be a fun, social adventure.</p>	<p>Who do you know that would be able to help?</p>