

DECLUTTER

Bootcamp

Declutter Your Life



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Workbook

Introduction



◆ Welcome to Decluttering Bootcamp!

Are you tired of having a cluttered home? Are you stuck in a cycle of constantly cleaning and tidying, just to have it get messy again before you know it? Do you feel overwhelmed by the state of your home, but don't know where to start? You are in the right place!

This bootcamp is designed to help you jumpstart your decluttering journey by breaking it down into easy and actionable steps. We start out slow and then build up to big and dramatic changes over the next few weeks.

I'll be your personal Clutter Coach along the way, motivating, inspiring, and pushing you towards the home you deserve. Today is the last day you let your stuff bully you. You and your happiness are more important than the random clutter in your home, so let's take action against that clutter right now.

If you're ready for the next chapter of your life, then let's jump right in.

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Cassandra Aarsen

It's not just about the stuff...

Mindset is Everything

This bootcamp is designed to help you change your mindset about your belongings. Instead of seeing everything for what it was, what it could be and how much it cost, I'll help shift your mindset so you can see your things for what they are and how they are serving you today.

Here are my tips before we start:

◆ Use clear trash bags for donations

Letting go is hard. There are hundreds of items in your home that you don't use or even like, but if they are still good, it can feel wrong to get rid of these things. This is where mindset matters. Putting good things in a black trash bag will just make you feel more anxious about decluttering. Instead, use clear or blue bags and refer to them as "gifting bags". When you come across something you don't use or love, gift that item to someone else who will cherish it. At its core, decluttering is sharing with others, and it's this new mindset that can make it easier to let go.

◆ Have clear rules to stop overthinking and anxiety

Having clear decluttering rules can make letting go much easier because it stops us from finding excuses to keep the items we know we don't need. When you struggle to get rid of something, it's really about fear of making a mistake and fear of having regret later. Overcome the fear with logic! Here are some of my favourite decluttering rules to help you battle decluttering anxiety:

Have I used this item in the past year? Do I love this? If I didn't own this thing, would I buy it again? If I needed this item, would I remember that I already owned it? If the answer is no to more than one of these questions, you can know with confidence that the item in question can go!

Stop overthinking and use the Decluttering Rules

If the answer to three or more of these questions is no, you know for certain that the item can go.

No overthinking, no pressure, no guilt and no regret.

Trust the rules.

01

Have I used this in the last
12 months?

02

Do I love this?

03

If I didn't own this, would I
buy it again?

04

If I needed this, would I
remember I owned it?

05

Is keeping this a hard yes? If
not, it's a hard no.

Decluttering Bootcamp

Weekly Breakdown



10 Things to Declutter Right Now!

Week one is all about baby steps. If you are feeling overwhelmed or you don't know where to start, it's always best to start with trash. I have a plan to help you jumpstart decluttering without any anxiety at all.



15 Things to Declutter from Your Bathroom

In week two, we start to dig a little deeper and push you out of your comfort zone a bit. The bathroom is the perfect place to get tough with decluttering, because there isn't any emotional items stored here. That doesn't mean it's going to be easy though!



10 Items that Feel Good to Donate

Week three is about shifting your thoughts of decluttering from negative to positive. I'll help you identify the items in your home that will make you feel good to donate! Making decluttering feel good instead of feeling uncomfortable is key to longterm success.



15 Toxic Clutter that Needs to Leave Your Home Immediately

Week four is when we get real about toxic clutter and the negative effects it has on your home, mood and health. This week won't be easy, but it will be worth it. Long-lasting change comes when you make *real* changes to your mindset.

Week One

10 Things to Declutter Right Now

This week we ease into decluttering with trash bag therapy. Grab a garbage bag and search your home for the following ten items!
No need to sort, pile or make a mess. Just hunt for trash today.

01 Filled Colouring Books & Notebooks

02 Socks with no Mate

03 Food Storage Containers with no Lids

04 Samples & Condiment Packages

05 Expired Medication & Vitamins

06 Greeting Cards without Notes

07 Old Calendars & Planners

08 Unidentified Frozen Food

09 Old Receipts

10 Dead Pens and Markers

Week Two

Bathroom Declutter

This week we are taking decluttering to the next level by decluttering the bathroom. This is a perfect place to strengthen your decluttering muscle because there aren't any emotionally charged items in the bathroom.

- 01 Trash - old makeup sponges, broken items etc.
- 02 Empty packages & bottles
- 03 Unused beauty tools
- 04 Worn out toothbrushes
- 05 Unused cleaning products
- 06 Dried up nail polish or shades you don't wear
- 07 Expired sunscreen and bug spray
- 08 Travel toiletries
- 09 Lotions & perfumes you don't use
- 10 Old vitamins & supplements
- 11 Makeup in the wrong shade
- 12 Worn out makeup brushes
- 13 Skincare products that don't work for you
- 14 Hair products you don't use
- 15 Stained or ripped towels

Week Three

10 Things that Feel Good to Donate



Baby items, unopened beauty products and clothing

Women's shelters are the perfect place to gift gently used baby items and women's clothing. You can feel good knowing that you are helping someone get a fresh start.



Old eye glasses

285 million people worldwide are visually impaired, with about 90% of those people living in developing countries. Donate your old glasses to charity through your eye doctor or local eye glass store.



Blankets & towels

Your local animal shelter will gratefully accept donations of old towels and blankets for the animals in their care. Feel good knowing animals have a soft bed because of your donation.



Unopened gifts

If you have unwanted and unopened gifts that you have received, consider donating them to local charities for auctions and raffle prizes.



Sleeping bags, blankets and winter coats

Gift your unused sleeping bags, blankets, winter coats and unopened hygiene products to local homeless shelters. Nothing feels better than sharing with those who need it the most.



Gently used books

Donate your old books to local "little free" neighbourhood libraries (or start your own). Schools will also graciously accept old children's books for their libraries.



Craft supplies

Craft supplies like yarn, paint supplies, scrapbooking paper, clay, and jewellery making items are wonderful gifts to give to the activities department at local nursing homes.



Gently used toys

Daycare centers are always looking for gently used infant and toddler toys, while after-school programs are in need of toys like balls, skipping ropes and coloring supplies.



Formal wear

Mens suits and professional clothing attire is a wonderful gift to employment centers and homeless shelters. Formal gowns can be donated to charities that provide free prom dresses to girls in need.



Medical Equipment

There are many amazing charities (like Red Cross) who take donations of medical equipment like walkers, canes, crutches etc. for those who cannot afford to buy expensive equipment.

Week Four

Toxic Clutter

I define toxic clutter as items in your home that make you feel bad about yourself. Toxic clutter isn't dirty dishes or laundry, but instead individual items that make you feel guilt, shame or remorse. Removing these negative things from your home can impact your self-esteem and happiness in a very positive way.

01

Clothes that are too Small

Do not let clothing that doesn't fit bully you any longer. Clothing that is too small can make you feel overweight and unattractive every time you open your closet. They have to go.



02

Old Hobbies

If you haven't worked on a hobby in the past year, looking at the supplies can make you feel guilt and shame. Like a silent to-do list, these hobbies are nagging you and need to leave.



03

Gifts from Loved Ones

Keeping something that you don't like or use simply because it was a gift is toxic guilty clutter. Stop people pleasing your things. Create boundaries and stand up for yourself and your space today.



04

Family Heirlooms

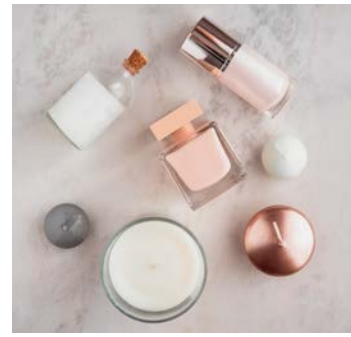
If you don't like something, but you feel guilty letting it go because it is an heirloom, this is toxic clutter. Your happiness is more important than any *stuff* in your home, even really old stuff. Let someone else love and use it by passing it on.



05

Expensive Beauty Products

Creams, makeup and other beauty products can be expensive, but if you don't like or use them, they are toxic clutter. Holding onto these items can be toxic because they constantly remind us of money wasted and failed results.



06

Workout Equipment

Exercise equipment that you never use isn't motivating you, instead it's shaming you whenever you look at it. Think about your treadmill, free weights or yoga matt. If this equipment makes you feel lazy, overweight or guilty, it has to go.



07

Food you don't like

If you have food in your kitchen you don't like (or it's expired), it's time to declutter it. Holding onto this food is only making you feel guilty for not eating it, or it's telling you that a disaster could happen at any moment, so you need to be prepared. Either way, it's toxic.



08

Health Food

Remember that time you bought a bunch of health food with the intention of getting really healthy? We all do it, but holding onto that gross protein powder or other health food you don't like is only making you feel bad. Say good-bye.



09

Electronic Clutter

If you have a pile of old phones, tablets or computers that you intend to "wipe" one day, stop feeling guilty and just destroy the hard drives and recycle the parts. You have enough to do, don't feel guilty about not doing this.



10

Books you'll never read

You had great intentions of reading all those books you bought, but you just never find the time or the desire to read them. If these books make you feel guilty for not reading them, they need to leave. Gift these books to another book lover and don't feel bad for a second longer.



11

Unfinished Projects

We all have great intentions of fixing broken items or making that craft, but unfinished projects can be toxic bullies. If you haven't fixed something or worked on an unfinished project in over six months, it's just toxic clutter and has to go.



12

Kids Artwork

Every parent loves having creative kids, but when their artwork starts to pile up, it can make us feel guilty letting it go. Keep the best pieces in their memory bins, but don't hold onto everything. Your grown children won't want it keep it forever, so it's ok that you don't either.



13

Unreturned Items

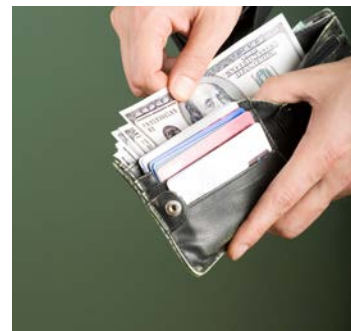
Maybe you purchased something that didn't fit and you intended to return it, but now it's too late. Keeping these items in your home is just a constant reminder of wasted money, and it does nothing but make you feel guilty. Forgive yourself, donate the items and move on.



14

Expensive things you don't use

Expensive items can be hard to let go of. The truth is though, that money was gone the moment you bought the item. You are not any richer for holding onto it and you won't be poorer for letting it go. Don't let wasted money waste your space too.



15

Items from your Past Self

Textbooks from college, home decor that isn't your style, collectibles that you just don't love anymore - all of these things are toxic clutter. We grow and change as we get older, and our interests grow and change too. Let go of your past self so you can make room for your future self!



Identifying and removing toxic clutter from your home is so hard. Hopefully you were able to declutter a lot of the items from the list, but if you are still struggling, that's ok. Decluttering is like a muscle, it's a skill that grows and builds the more you use it.

What were some items that you found hard to let go of and why?

What are five other things that you could declutter from your home?

01

02

03

04

05

Want to Declutter More?

30 Day Declutter Challenge

Still have more to declutter? Why not try another 30 Day Decluttering Challenge? Spend just 15 minutes each day decluttering the following areas:

Day 01	Under the Kitchen Sink	Day 16	Shoes
Day 02	Food Storage Containers	Day 17	Purses, Bags & Totes
Day 03	Bakeware & Dishes	Day 18	Memorabilia
Day 04	Utensil Drawers	Day 19	Children's Toys
Day 05	Refrigerator	Day 20	Children's Clothes
Day 06	Freezer	Day 21	Craft Supplies
Day 07	Pantry	Day 22	Laundry Area
Day 08	Junk Drawer	Day 23	Paperwork
Day 09	Linen Closet	Day 24	Storage Area
Day 10	Bathroom Drawers	Day 25	Books
Day 11	Under the Bathroom Sink	Day 26	Movies/Games
Day 12	Medicine	Day 27	Outerwear
Day 13	Dresser Drawers	Day 28	Cluttered Surfaces
Day 14	Under the Bed	Day 29	Garage/Shed
Day 15	Bedroom Closet	Day 30	Tools

What's next?

Getting Organized is a 3 Step Process



Step 1

Decluttering is the first step of organization. You can't organize excess!



Step 2

Creating functional homes for your items is the second step to getting organized.



Step 3

A daily tidy up and cleaning routine is secret to maintaining an organized home.

Trying to organize your stuff before you declutter is one of the biggest organizing mistakes, but once you have decluttered, creating new homes is the fun part! You will find lots of organizing advice, tips and tricks on my website, Youtube channel and podcast (all called Clutterbug). You will also find simple daily routines that can help you maintain a tidy and organized home for good.

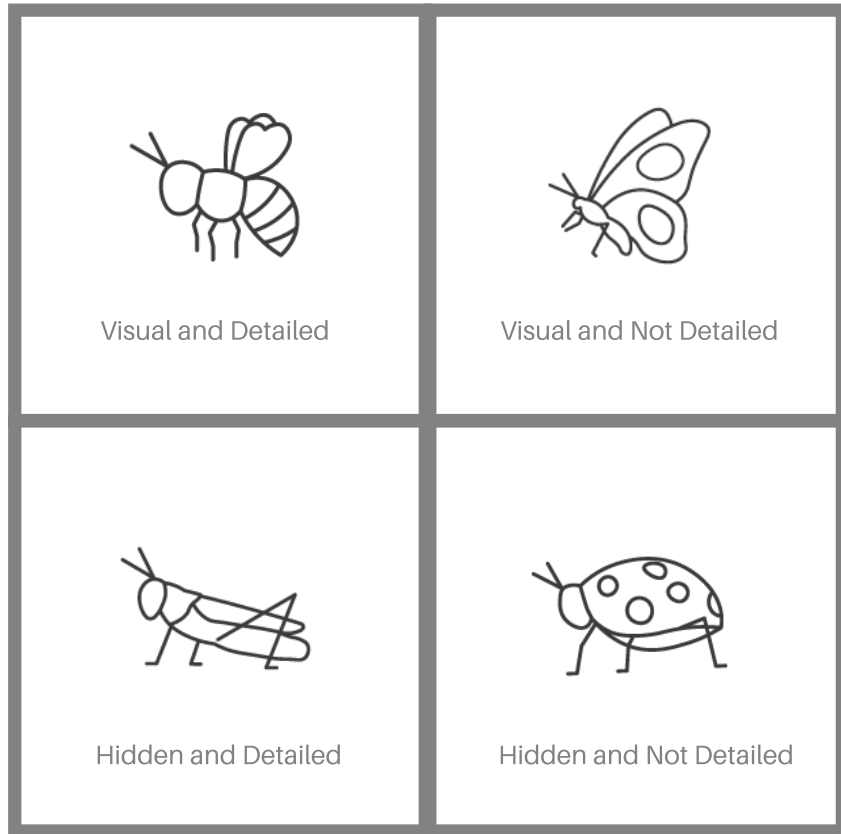
Important!

If you haven't already, be sure to take my free quiz and discover your unique organizing style!

Knowing your Clutterbug organizing style is an essential part of creating organization that actually functions the way that you do. Take the free quiz at www.clutterbug.com

What Clutterbug Are You?

The 4 Styles



BEE

A Bee organizer loves visual abundance and they tend to suffer from "out-of-sight, out-of-mind". A Bee is a very detailed person and they love to organize with lots of categories.

BUTTERFLY

A Butterfly organizer loves visual abundance and tend to suffer from "out-of-sight, out-of-mind". A Butterfly is not a detailed person and they prefer to organize with broad categories for fast clean up.

CRICKET

A Cricket organizer loves visual simplicity and prefers their items hidden out-of-sight. A Cricket is a very detailed person and they love to organize with lots of categories.

LADYBUG

A Ladybug organizer loves visual simplicity and prefers their items hidden out-of-sight. A Ladybug is not a detailed person and they prefer to organize with broad categories for fast clean up.



Let's keep going with some **Tough Love**

Sometimes you can find the motivation on your own, but sometimes you need a push and some tough love.

For the entire month of November, I'll be dishing out some tough love on my YouTube channel Clutterbug. Each week, I will be covering a different topic and getting real about your home, your clutter and the lies you have been telling yourself.

If you are looking for someone to motivate, encourage and push you towards your goals, be sure to follow along with my new Tough Love Series.

This journey won't be easy, but it will be worth it. Together, we can get control of your home and your life.



Clutterbugs Unite!

Join the Clutterbug community and connect with other like minded people who want to transform their homes and their lives.

JOIN THE FACEBOOK
COMMUNITY

let's connect

