

Find Your Why

ACTIVITY SHEET

Make a list of reasons why you want to declutter.

Having your own reasons for decluttering will motivate you to declutter when things get tough. How will decluttering help *you* achieve *your* personal goals and live up to *your* values? Keep this list in sight whenever you declutter, so you can remind yourself what your hard work is all about.

Discover what you want by creating a vision board.

Take a moment to visualize your ideal space and lifestyle. You can create a physical vision board with prints and cutouts, or you can create a digital one using Pinterest or by simply collecting pictures in a digital folder. Not only will creating a vision board incite your imagination, it will give you a goal to work towards (i.e. something to look forward to).

Create accountability for yourself.

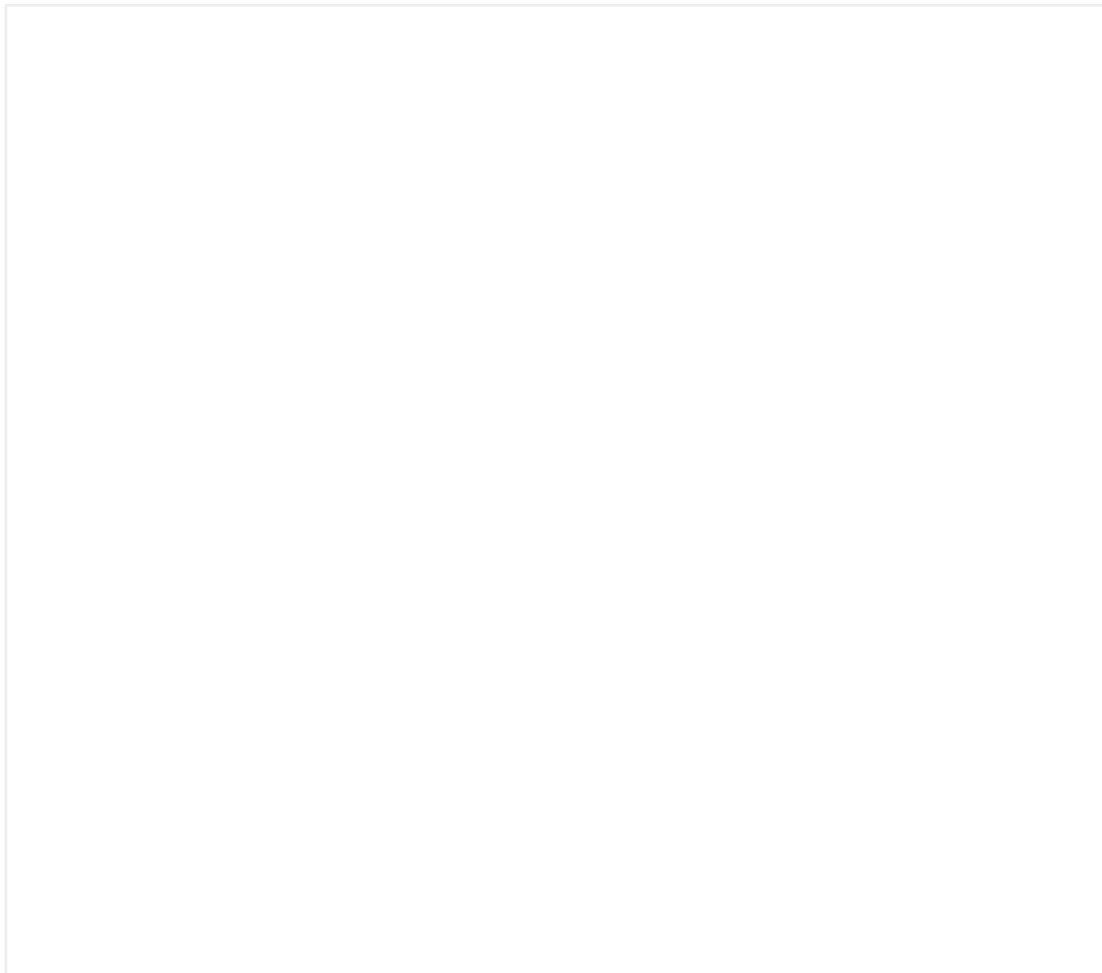
Find a decluttering partner or share your decluttering journey with people you trust, so they can check in on your progress. It's too easy to get distracted while getting decluttered, but when other people are looking to us to make progress, we're more able to get things done.

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Motivational Brainstorming

Use this page to brainstorm reasons why decluttering will make your life that much better. What personal problems will decluttering solve? Create a mind map. Jot down random words. Review your priorities and see how each one will benefit from a deep declutter.

Brainstorming Space



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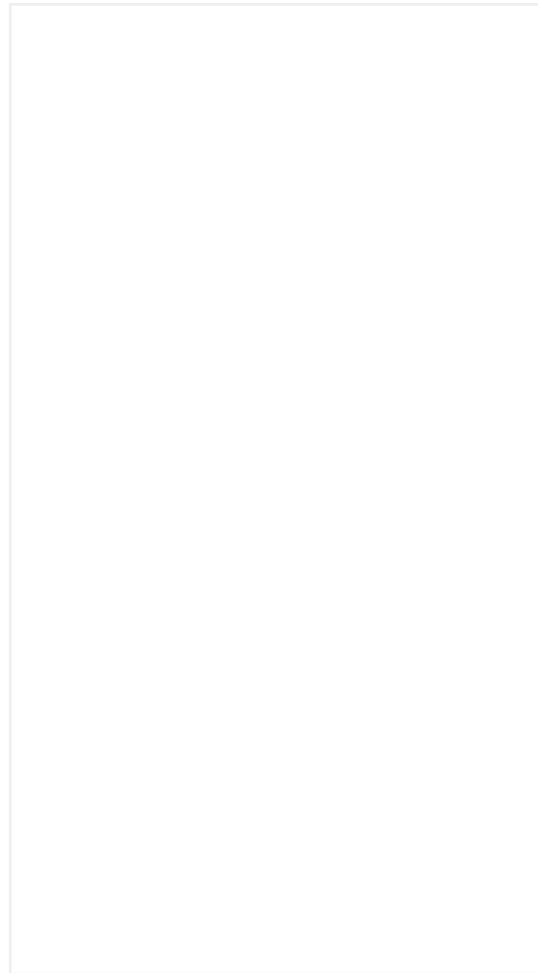
Compare and Contrast

Draw and/or describe what life is like before decluttering and what life could be like after decluttering. What negative effects does clutter have on your life right now? And what benefits are you looking forward to enjoy when you're finally living clutter-free?

Before Decluttering



After Decluttering



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Commit to Accountability

List down ways you can be accountable to other people as you attempt to declutter your life, whether online or offline. Identify specific people who might be able to help you during the decluttering process (or people you can invite to join you on your personal mission) as well.

Accountability Measures

Possible Partners or Groups