

Alison's Notebook

INSPIRING THE BETTER YOU

DECLUTTER FOR SELF CARE

CHECKLIST

WELCOME!

INTRODUCTION

WELCOME TO THE DECLUTTER FOR SELF CARE CHECKLIST! THIS FREE TOOL IS A WONDERFUL PRE-CURSOR TO MY POPULAR PROGRAM, "DECLUTTER FOR SELF CARE". GET THE FULL COURSE BELOW:

ALISONSNOTEBOOK.COM/DECLUTTERING

ABOUT ALISONSNOTEBOOK.COM

Welcome to Alison's Notebook!
Where we share in the art of self improvement through self care and simple living to inspire the better you. It's not pretty. It's not perfect. But we're getting there - together.

Our mission is to help women create happiness through simple advice and soulful inspiration. There is no pressure to get it perfect... Because self improvement looks different for everyone! I think you'll find my approach a fresh breath of air.

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SET INTENTIONS

- DECIDE WHY THIS IS IMPORTANT
- HOW WOULD DECLUTTERING FEEL
- DEFINE YOUR GOALS

TAKE ACTION

First, decide why decluttering is important. You can do this by visualizing how you'll feel once it's done. Lastly, write out what your specific goals are now that you know how you want to feel.

GET STARTED

CHOOSE A SPACE

- CHOOSE SOMEWHERE TO START
- MAKE SURE IT'S A SPACE YOU OWN
- A SMALL SPACE FOR A QUICK WIN

TAKE ACTION

Next, choose a space to declutter. Make sure it's a space you feel control over, so you feel completely empowered. It doesn't matter how small the space is.

INWARD

CREATE A VISION

- BEFORE CONTINUING, CREATE A VISION
- JOURNAL, VISION BOARD, ETC.
- WHAT DO YOU WANT YOUR LIFE TO LOOK LIKE?

TAKE ACTION

Now that you've had the feeling and action of a quick win, create a vision map or vision board that reflects what you want your life - as a whole - to look like.

OUTWARD

PHYSICAL HEALTH

- THIS ISN'T ABOUT WEIGHT LOSS
- PROTEIN AND PRODUCE AT EVERY MEAL
- ADDRESSES DEFICIENCIES THAT CAUSE SELF SABOTAGE

TAKE ACTION

Now that we've cleared some space, I want you to focus on decluttering your health. Self care is one of the things that will make decluttering sustainable, because of how interconnected mindset is to clutter. Make sure you feel full and joyful.

SELF FORGIVENESS

- CLEARS SHAME AND RESENTMENT
- ENCOURAGES CONTINUED ACTION & MAINTENANCE

TAKE ACTION

As I mentioned in the last phase, mindset is heavily connected to clutter. Which is why it's also important to learn and practice self forgiveness.

RESULTS

CONTINUE FORWARD

- CREATE A MANAGEABLE ACTION PLAN
- CONTINUE TO REVIEW AND UPDATE YOUR VISION MONTHLY

TAKE ACTION

Now that you've started your journey to declutter for self care, it's time to create a sustainable plan to continue the process. The plan doesn't matter, as long as you're consistent.

DECLUTTER FOR SELF CARE FREE CHECKLIST

NEXT STEPS

IF THIS IS HELPFUL AND YOU'RE LOOKING FOR MORE STRUCTURE, GUIDANCE, VIDEOS AND EVEN MEDITATIONS ON DECLUTTERING YOUR LIFE FOR SELF CARE, JUMP ON THE BAND WAGON AND JOIN THE DECLUTTER FOR SELF CARE COURSE.

GET MORE SUPPORT

[HTTPS://ALISONSNOTEBOOK.COM/DECLUTTERING](https://alisonsnotebook.com/decluttering)
