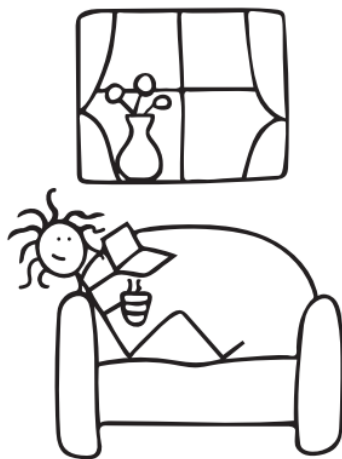




EASY LIFE

From
chaos
to
calm...



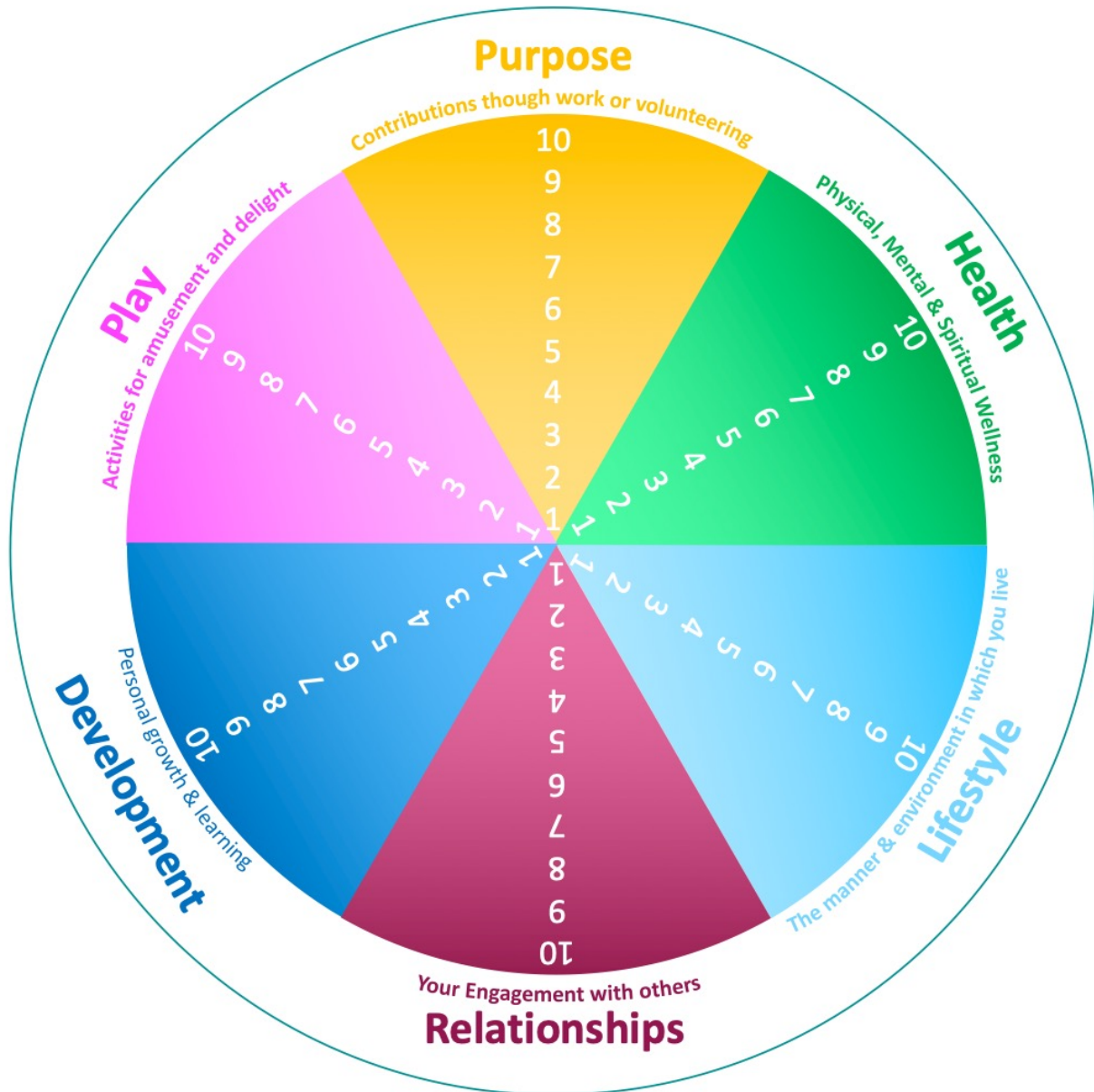
with
minimal
effort.

ROSIE BARRON

The Tidy Coo



Wheel of Life (pg 28)



To fill in the wheel of life, consider each section and circle the appropriate number, then join up the numbers. The idea is not to get 10s in each section, but to round the circle as much as possible.



Vision Worksheet (pg 32)

What words come to mind when you describe your home?	What words would you <i>like</i> to come to mind when you describe your home?
What works well in your home?	What doesn't work well in your home?
What are you grateful for in your home?	What would you like to change in your home?
What do you talk about when you socialise?	What do you spend most of your money on?
What do you love to do?	What do you spend most of your time doing?



Pg 33

Describe your decluttered and organised home.



Pg 34

Describe your perfect day.



Pre-declutter Worksheet (Pg 37)

<p>Investigate 3 Charity Shops you can donate to:</p>	<p>Investigate a shelter or refuge and find out what products they take:</p>
<p>Where in your home will you store items to be:</p> <p>Donated?</p> <p>Recycled?</p> <p>Sold?</p>	<p>What is the address of your local refuse/recycling centre? Do you need to book?</p>



Clothing Worksheet (pg 52)

How do you feel about your current wardrobe?

What works?

What needs to change?

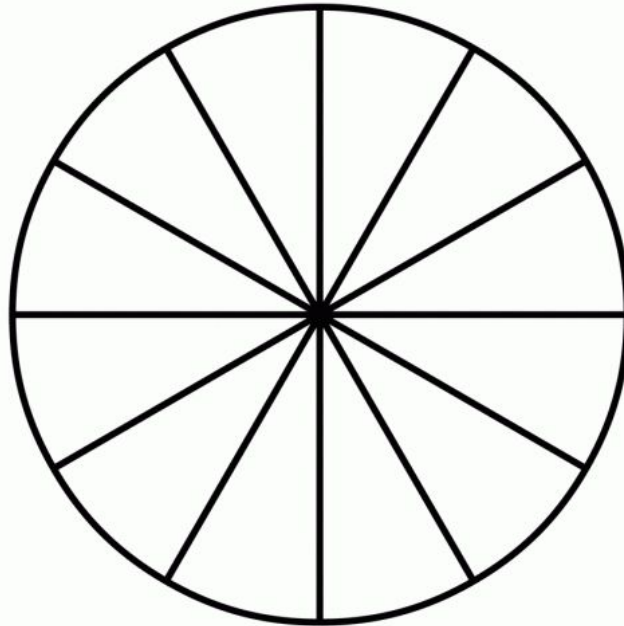
In your ideal life, what clothing do you wear?

What are your favourite items?

What do you need to keep for practical reasons?



Time Check – spend your money where you spend your time. (pg 54)



Mindful Shopping list:

A large empty rectangular box with a black border, intended for writing a mindful shopping list.



Bedroom worksheet (pg 61)

<p>How do you feel about your bedroom?</p>	<p>Describe your ideal bedroom.</p>
<p>What works?</p>	<p>What activities currently take place in here?</p>
<p>What doesn't?</p>	<p>What activities do you want to take place in here?</p>
<p>What needs to change?</p>	



Entry way (pg 63)

<p>How do you feel about your entryway?</p>	<p>Describe your ideal entryway.</p>
<p>What works?</p>	<p>What is currently stored here?</p>
<p>What doesn't?</p>	<p>What should be stored here?</p>
<p>What needs to change?</p>	<p>Where can you set up a handbag station?</p>



Bathrooms (pg 75)

<p>How do you feel about your bathroom?</p> <p>What works?</p>	<p>What are your favourite products?</p>
<p>What doesn't?</p>	<p>Describe your ideal bathroom:</p>
<p>What needs to change?</p>	<p>How can you reduce visual clutter in this area?</p>



Linen worksheet (pg 80)

Sheets	Towels
How many beds do you have in your home of each type?	How many people do you have in your household?
How frequently do you change your sheets?	How frequently do you wash your towels and what is the turnaround?
How many sets of sheets do you therefore need?	How many Towels do you therefore need?



Cleaning Rota (pg 88)

Daily	Weekly	Monthly	Less

Laundry Schedule (pg 89)

Day	Laundry
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	



Utility Worksheet (pg 91)

How do you feel about your utility?

What works?

What doesn't?

Describe your ideal utility.

What needs to change?



Kitchen Worksheet (pg 104)

What currently works in your kitchen?

Describe your ideal kitchen

What doesn't work?

Draw a plan of your kitchen, marking out the sink (and dishwasher if you have one), fridge and cooker.



Where are your prime spaces?

Which items need to be in the prime spaces?

Which items do you use less frequently (and can be put in the less accessible space)?

Where can you place vertical storage?

What storage solutions would make your life easier?

What "Stations" would be useful in your kitchen?



Menu planning (pg 109 &110)

Make a list of meals that your household enjoys:

Make a list of essentials for your store cupboard:

Plan next week's menu (check your diary!):

	Mon	Tues	Wen	Thur	Fri	Sat	Sun
Break							
Lunch							
Dinner							
Snack							



Living Space Worksheet (pg 131)

<p>How do you feel about your living space?</p>	<p>Describe your ideal living space.</p>
<p>What works?</p> <p>What doesn't?</p>	<p>What activities take place in here? What do you want to take place in here?</p>
<p>Where can you set up a Command Centre?</p>	<p>What needs to change?</p>



Outdoor Spaces Worksheet (pg 139)

<p>How do you feel about your outdoor spaces?</p> <p>What works?</p>	<p>Describe your ideal outdoor space.</p> <p>What activities currently take place out here? What do you want to take place in here?</p>
<p>What doesn't?</p>	
<p>What needs to change?</p>	<p>What Zones would be useful?</p>



Longer Term Storage Spaces worksheet (pg 145)

<p>How do you feel about your longer term storage spaces?</p> <p>What works?</p>	<p>Describe your ideal longer term storage space.</p>
<p>What doesn't?</p>	<p>What is currently stored here? What do you want to store here?</p>
<p>What needs to change?</p>	<p>What Zones would be useful?</p>



Paperwork Worksheet (pg 155)

<p>How do you feel about your paperwork system?</p> <p>What works?</p>	<p>Describe your ideal paperwork system</p>
<p>What doesn't?</p>	<p>What files would be useful?</p>
<p>What needs to change?</p>	<p>What storage solution would help?</p>



Digital Worksheet (pg 160)

<p>How do you feel about your Digital Spaces?</p> <p>What works well?</p>	<p>Describe your ideal Digital life:</p>
<p>What frustrates you?</p>	<p>List your devices:</p>
<p>What needs to change?</p>	<p>What apps can you delete from your phone:</p>



Time Management Worksheet (pg 169)

How do you feel about your Time Management?

What works?

What doesn't?

What needs to change?

Describe how you would spend your time in an ideal week:



Children's Spaces Worksheet (pg 182)

How does your child feel about their space?

What do they like about it?

What don't they like about it?

What needs to change?

Ask your child to describe their ideal space.

What activities take place in this space? What do you both want to take place in here?

Where can you set up a school supplies and homework area?



Memories Worksheet (pg 189)

How do you feel about your mementos at the moment?

What works?

What doesn't?

What needs to change?

How would your mementos be stored and displayed ideally?

What supplies do you need?



Photos Worksheet (pg 191)

How do you currently feel about your photos?

What works?

What doesn't?

How would your photos be stored and displayed ideally?

What needs to change?

