

**Intro - Benefits of De-Cluttering**

**Setting Your Organizing Goal (with Template)**

**Organizing - Room by Room**

**To Do for Each Room**

**Rewards**

**Chore Chart**

**Item Location Form**

**Self-Sabotaging Tendencies**

**Ways to be Motivated**

**Organizing Tips**

**Steps to Organizing**

**Questions to Ask Yourself as You Pair Down**

**BONUS #1 - Room by Room Ideas**

**BONUS #2 - Home Office Organization**

**BONUS #3 - Ticker File Directions**