



### MODULE 1 Let's Get Started!

- The Wonderful Benefits of This Course
- How Long Will Organizing Take?
- The Key to True Motivation
- Four Pillars to Get Stuff Done




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### CONGRATULATIONS!

You have decided it's time to experience your home in a fresh and delightful way.

This time, we are approaching things differently.

- Lens of expansion + abundance.
- Everything is energy.
- Clutter is noisy.
- What's outside often reflects what's inside.
- Mission to fully express your soul purpose.
- Creating delightful spaces allows you to practice important skills.




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### ABOUT KATE

- Professional Organizer Training Textbook
- *Who Am I Now? Realign Your Home & Life*
- Certified Professional Organizer in Chronic Disorganization
- Certified Productivity Coach
- ADHD Specialist
- Energy Healer Certification
- Quantum Human Design Specialist - Level 3

• Wife + Mom of 3, Dog lover, Outlander super fan, Shark Week enthusiast




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### WHAT I WILL TEACH YOU

- The process of organizing
- What supplies you need
- Where to start
- How to organize with a busy life
- Keys to get 100% done
- Simple + efficient systems
- Decision-making for "what if's"
- Ways to let go
- When to enlist help + how
- Working as a team
- Tips for each room of the house
- Long-term organizing success

### WHAT I WON'T ADVOCATE



- To just throw everything out
- To duplicate the tv shows or magazine articles
- That there's only one right way
- The O.H.I.O. method
- To sneak stuff out without someone's permission



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### TURN YOUR BEFORE INTO AN AFTER

Which daily experience do you wish to have?

These little spaces create micro-stressors that lead to a sense of lack + feeling drained



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### CASE STUDY

#### The Utility Room/Dumping Ground

What's your first thought when you see the before photo? Would you dig right in or would you want to run away?

It's motivating to see the after photo, right?

This is a classic example of a big project.

- Where would you start?
- How would you stay on track?
- What decisions might you have to make?



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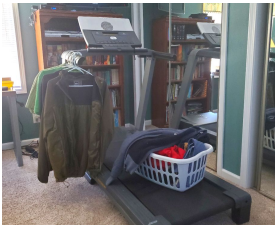
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### INTENTION VERSUS ACTION

Knowing is different than doing

This course accounts for:

- Physical overwhelm triggers
- Decisional overwhelm triggers
- Emotional overwhelm triggers

Motivation comes from:

- Awareness of those triggers
- Curiosity + self-compassion
- Momentum from small wins
- Embody the feeling you'll have




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### HOW LONG WILL IT TAKE?

Factor #1 – the amount of belongings you have.

Do the math on the density of objects.




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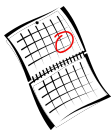
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### HOW LONG WILL IT TAKE?

Factor #2 – timeframe.  
Does it have to be done by a certain time?



Factor #3 – energy levels.  
Physical stamina, attention span, life demands.




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### HOW LONG WILL IT TAKE?

Factor #4 – speed of decisions.

Do the math on number of items + average speed.



Factor #5 – excitement about what's next.

If you think the best part of your life is over, you'll resist.



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### CHOOSE YOUR MOTIVATION PHRASE

ABUNDANCE PRINCIPLE:

Embody the Future Experience Now

- Calm
- Spacious
- Ease
- Delightful
- A Relief
- Got It Together
- Peaceful
- Freedom
- Simplicity
- In Control
- Fresh Start
- Proud of it
- Efficient
- Easy to Find
- Neat



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### SOMETIME IS NO TIME

The four pillars of getting stuff done.

Specific day.



Specific time (with reminder alarm set).



Know what you'll work on + your first step.



Enlist a supportive clutter buddy.



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**I'VE GOT YOU!**

I promise to share the overall process + decisional skills to get past common challenges.

I request that you show up with curiosity about the process + do each module's Action Steps.





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**IN THIS MODULE, YOU LEARNED**

- That organizing isn't just a surface issue.
- Cluttered areas impact the amount of energy you have.
- Several factors determine how long organizing will take.
- True motivation comes from being able to address those factors.
- Your Motivation Phrase will help you move towards success.
- Set up the four pillars of support for each organizing work session.
- My mission is to teach you how to organize in ways that fit you + are sustainable.





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**ACTION STEPS**

1. Journal on these questions:
  - What area of my house is set up in a way that works for me? Why do I like it?
  - What is important about me getting organized right now?
  - What am I most excited to learn about?
2. Write down your Motivation Phrase.
3. Block off time slots in your calendar for the next several weeks. *Hire a babysitter if you have younger children.*
  - Write in what you will do for the first session + your first step.
  - Identify a supportive accountability





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Make Space  
for  
Abundance  
*in Your Home*

**NEXT TIME**

**MODULE 2**  
**Organizing 101**

- The ACT Organizing Method
- Supplies to Have Handy
- Key Questions for Deciding
- Customize Your Process
- Where to Start Organizing
- Overcome Overwhelm
- Get 100% Done

 Kate Varness  
clarity coach

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