



## Week One Summary and Assignments

### Charting a Course for Success

#### My main objective

- Give you hope and confidence to see that you can do this.

#### Clutter

We defined clutter as anything that doesn't belong and has been sitting on your surfaces for more than 5 days.

#### Setting Up the Guidelines for this Week

- Choose one or two areas to work on and then pick up at least 5 pieces of clutter per day.
- Focus on things that have a home but are displaced from it.
- Return them to their home without trying to reorganize the place they belong.
- Resist the temptation to clean the location that you are returning an item to. There will be plenty of reorganization opportunities in the future.

### Assignments

- Print off your Chart.
- Choose one or two target areas to enable you to see progress.
- Declutter 5 - Find 5 pieces of clutter on your surfaces and take care of them.
- Remember these are things that have a home but are displaced.
- Don't get caught in trying to clean where they go; just return them.
- You can do as many sets of 5 as you want, but you must do one set per day.
- Place an X on the appropriate day and area for each set of 5.
- At the end of the week total up the number of Declutter 5 and circle your total.

You've got this!

Thanks,  
Cheri