





neat little nest®

ORGANIZING LIFE BEAUTIFULLY

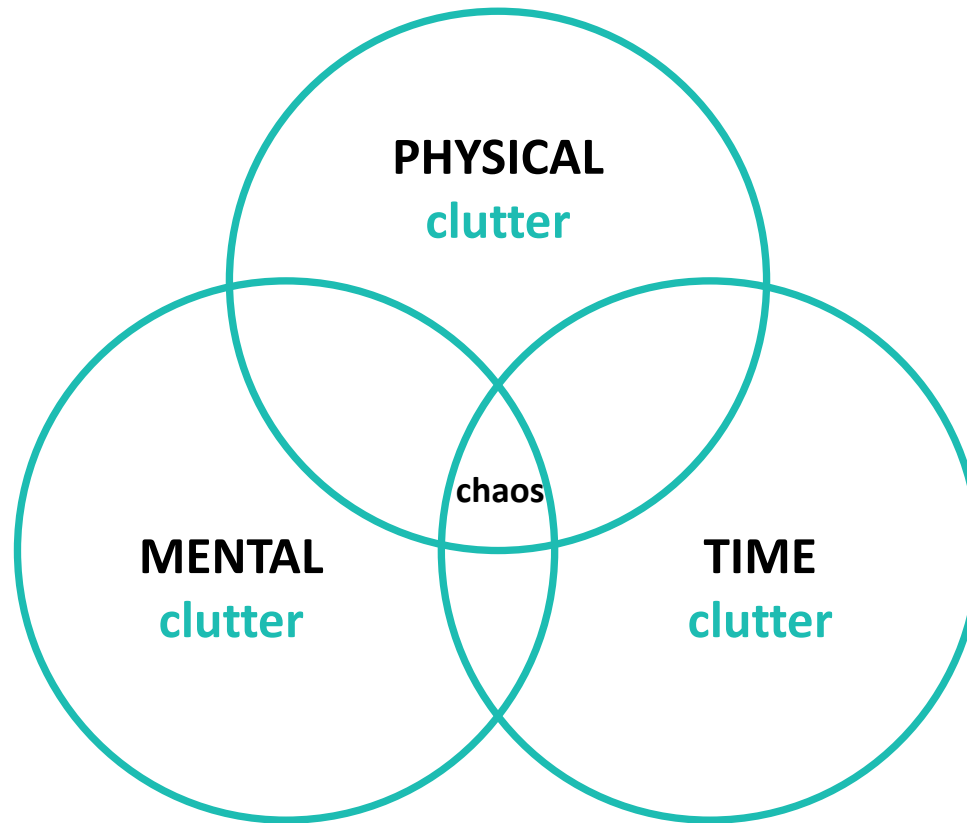


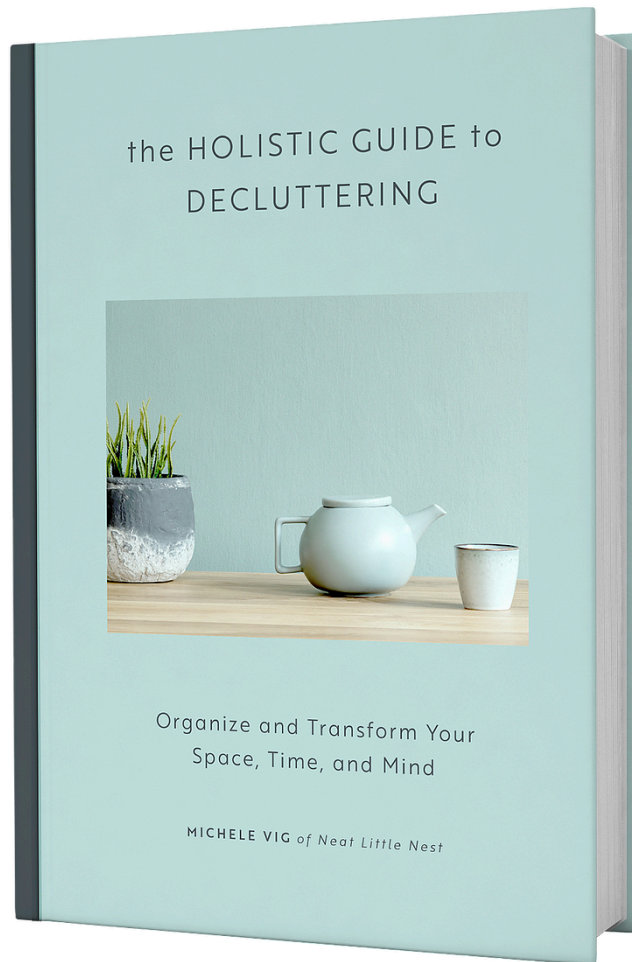
1991



Today

Clutter is **bigger** than stuff.





the **HOLISTIC GUIDE** to **DECLUTTERING**

The goal is to embrace decluttering holistically - beyond a simple closet cleaning. When you take the steps to clear your clutter with intention, you achieve a deeper emotional release and sustainable transformation that brings you the peace your soul desires.

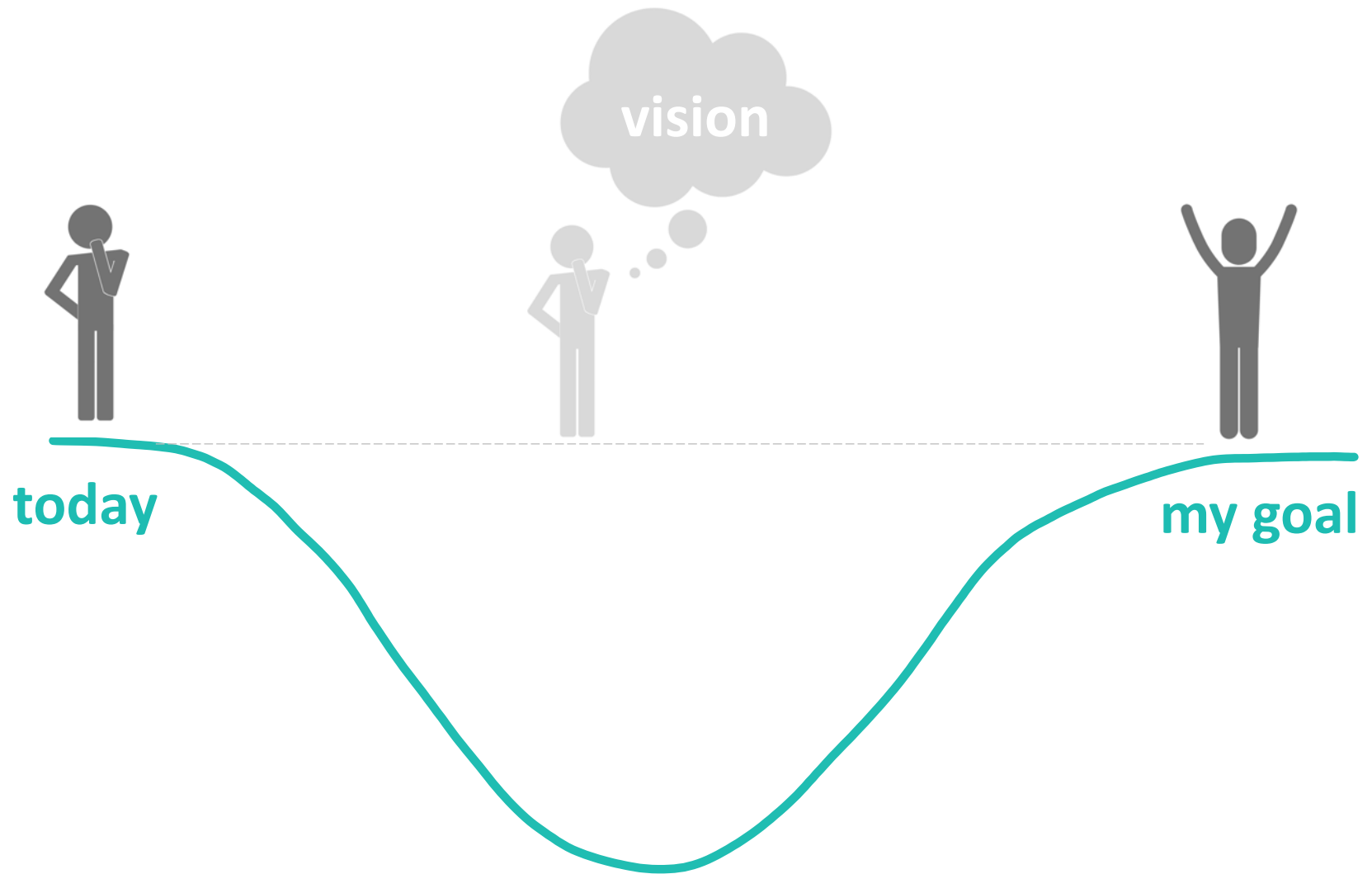
PRE-ORDER EVERYWHERE!

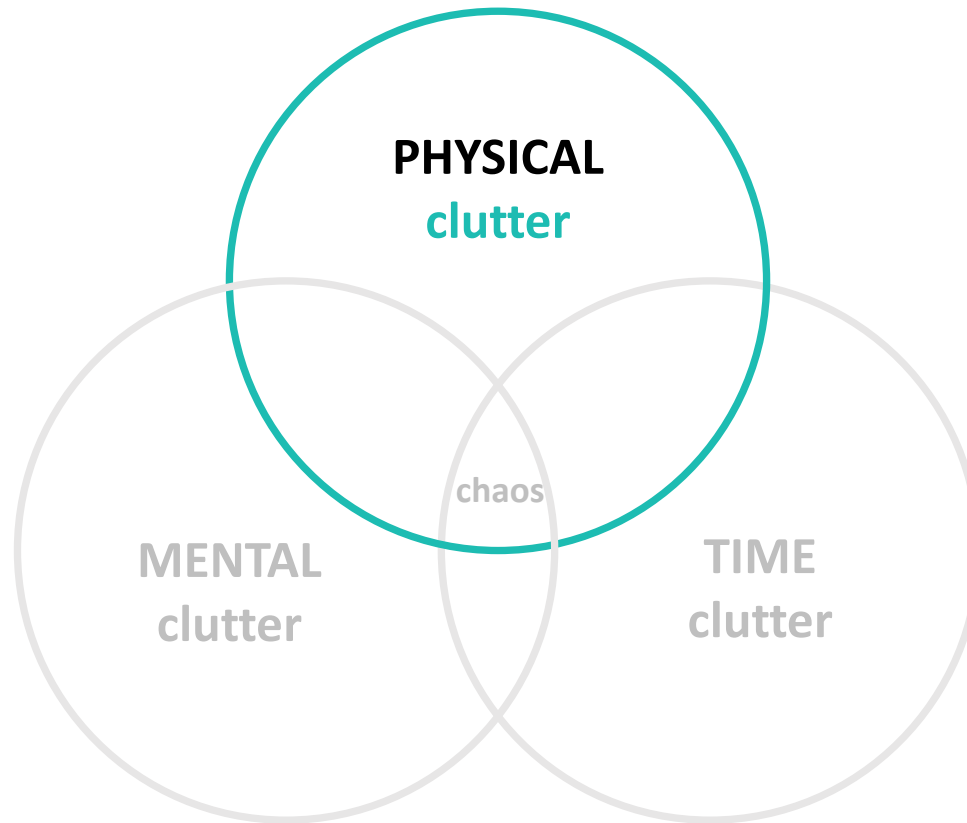
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www.neatlittlenest.com/book

Where do you start?







“

**ORGANIZING ISN'T THE GOAL.
SIMPLIFYING YOUR LIFE IS.**

MICHELE VIG, NEAT LITTLE NEST

”

before



after



before



after



Why so much physical clutter?

1. We buy too much



2. We keep too much





The grip of physical clutter

- Triggers your fight-or-flight response releasing cortisol
- Living in a perpetual state of clutter can put you in a state of chronic stress.
- Chronic stress has real side effects and can lead to depression and anxiety.
- Clutter affects women and men differently.

“

**DECLUTTER FIRST.
REST.
THEN ORGANIZE.**

MICHELE VIG

”



Decluttering + Organizing 101

- Declutter by category vs. location
- Focus on the keeps
- Assign a home for everything
- Store like with like
- Remove store packaging
- Label

lesson #1 | declutter by category

clothes → books → paper → komono → sentimental



lesson #1 | declutter by category



**TIDYING MARATHON
CATEGORY CHECKLIST**

1ST: CLOTHES <input type="checkbox"/> Tops <input type="checkbox"/> Bottoms <input type="checkbox"/> Dresses <input type="checkbox"/> Jackets <input type="checkbox"/> Socks Stockings <input type="checkbox"/> Bras Underwear <input type="checkbox"/> Seasonal wear <input type="checkbox"/> Sleep Loungewear <input type="checkbox"/> Formalwear <input type="checkbox"/> Outerwear <input type="checkbox"/> Swimwear <input type="checkbox"/> Activewear <input type="checkbox"/> Jewelry <input type="checkbox"/> Bags Purses <input type="checkbox"/> Hats Belts <input type="checkbox"/> Scarves	2ND: BOOKS <input type="checkbox"/> General (adult kids) <input type="checkbox"/> Cooking <input type="checkbox"/> Coffee table <input type="checkbox"/> Reference <input type="checkbox"/> Instructional <input type="checkbox"/> Educational <input type="checkbox"/> Magazines <input type="checkbox"/> Other	3RD: PAPERS <input type="checkbox"/> Clippings <input type="checkbox"/> Course materials <input type="checkbox"/> Seminar materials <input type="checkbox"/> Warranties <input type="checkbox"/> Manuals <input type="checkbox"/> Used passbooks <input type="checkbox"/> Insurance policies <input type="checkbox"/> Credit card statements <input type="checkbox"/> Tax documents <input type="checkbox"/> Court paperwork <input type="checkbox"/> Bill statements Notices <input type="checkbox"/> Certificates (eg. birth) <input type="checkbox"/> Pet paperwork <input type="checkbox"/> Greeting cards: sorted w/ sentimental if too many <input type="checkbox"/> Business cards
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4TH: MISCELLANEOUS "AKA KOMONO"
ELECTRONICS
☐ Phones | Accessories
☐ Computers | Accessories
☐ Computer software
☐ Tablets | Accessories
☐ Printers | Accessories
☐ Cameras | Accessories
☐ Game consoles
☐ Electronic games
☐ Music: Players | CDs | Albums
☐ Electronic Instruments
☐ TVs: Sets | DVDs
☐ USB | Memory cards
☐ Cords | Chargers | Power strips
☐ Headphones | Earphones
☐ Empty electronic boxes
☐ Adaptors

OFFICE SUPPLIES
☐ Writing: Pens | Pencils | Markers
☐ Drawing: Markers | Crayons
☐ Filing: Cabinet | Folder
☐ Labels | Label Maker
☐ Paper: Pads | Bulk | Post-its
☐ Mail: Boxes | Envelopes | Stamps
☐ Cards: Notecards | Postcards | Other
☐ Paper Punches
☐ Clips: Paper | Binder
☐ Binders + Planners
☐ Calendars
☐ Scissors
☐ Stapler | Staples
☐ Shredder
☐ Erasers | White out
☐ Rubber bands

HEALTH & BEAUTY
☐ Shampoo | Conditioner
☐ Hair creams | Gels | Treatments
☐ Hair accessories: Pins | Clips | Bands
☐ Hair brushes | Combs
☐ Hair appliance: Dryer | Irons | Etc.
☐ Hot Rollers + other curlers
☐ Skin care: Face | Body
☐ Make up | make up bags + brushes
☐ Trimmers: Hair | Face | Other
☐ Nails: Clippers | Scissors | Files
☐ Medicine: Prescription | OTC
☐ Nail polish | Nail polish remover
☐ Perfume | Cologne
☐ Oils: Essential | Other
☐ Soap: Liquid | Bars
☐ Toilet Paper | Facial tissues
☐ Vitamins | Supplements
☐ First aid: creams | gels
☐ Bandages | wraps
☐ Canes | Walkers | Crutches
☐ Massage devices
☐ Shaving products
☐ Feminine products
☐ Other health & beauty

MONEY
☐ Cash | Spare change
☐ Checks | Checkbooks
☐ Credit cards
☐ Foreign currency
☐ Wallets
☐ Rewards cards
☐ Coupons
☐ Passbook | Savings

PETS
☐ Food | Treats
☐ Food bowls
☐ Collars | Harness | Leashes
☐ Toys | Towers
☐ Beds | Bedding
☐ Clean up: Bags | Scoops | Other
☐ First Aid | Medications
☐ Kennels | Gates | Crates

TOOLS + UTILITY
☐ Hammers
☐ Saws | Miterbox
☐ Screwdrivers | Pliers
☐ Nails | Screws | Nuts | Bolts
☐ Wrenches | Socket sets
☐ Drills | Drill bits
☐ Sanding: Paper | Blocks | Electric
☐ Utility Knife
☐ Tape measures
☐ Power tools
☐ Levels
☐ Batteries
☐ Tape
☐ Paint + paint supplies
☐ Wall repair supplies
☐ Glues | Adhesives
☐ Keys + locks
☐ Light bulbs
☐ Batteries
☐ Lighters + matches
☐ Yard + Garden: Tools | Equipment
☐ Sporting goods items
☐ Camping supplies
☐ Emergency equipment



**TIDYING MARATHON
CATEGORY CHECKLIST**

TOOLS FOR COOKING + BAKING
☐ Pots | Pans
☐ Colanders
☐ Bowls: Mixing | Prep
☐ Ramekins
☐ Cooking knives
☐ Cooking shears
☐ Food scale
☐ Food processor
☐ Cooking: Tongs | Spatula | Masher
☐ Food processor
☐ Blender
☐ Measuring: Cups | Spoons
☐ Graters
☐ Press: Garlic | Juice
☐ Fruit: Reamers | Pitters | Zesters
☐ Spatulas: Multi - purpose | Icing
☐ Wooden spoons | Ladels
☐ Wisk
☐ Peelers
☐ Pizza: Stone | Peel
☐ Baking: Pans | Tins | Sheets | Mats
☐ Rolling pins
☐ Pastry blender
☐ Pastry brush
☐ Pastry bag + accessories
☐ Cookies: Cutters | Scoops
☐ Cooling racks
☐ Thermometers
☐ Cling wrap
☐ Parchment paper
☐ Aluminium foil
☐ Other cooking + baking

TOOLS FOR EATING
☐ Plates: Dinner | Salad | Serving
☐ Bowls: Soup | Cereal | Serving
☐ Drinkware: Glasses | Mugs
☐ Cutlery: Eating | Serving
☐ Chopsticks + rests
☐ Platters
☐ Pitchers
☐ Coasters
FOOD + FOOD STORAGE
☐ Fruits + Vegetables
☐ Meats + Seafood
☐ Breads | Muffins | Tortillas
☐ Baking Powder | Baking Soda
☐ Grains: Rice | Quinoa | Oatmeal | Pasta
☐ Flours: White | Wheat | Specialty
☐ Sugar: White | Brown | Specialty
☐ Beverages: Coffee | Tea | Other
☐ Frozen foods
☐ Snacks: Sweets | Salty
☐ Herbs + Spices + Extracts
☐ Baking chocolate + candies
☐ Supplements | Powders
☐ Eggs | Dairy
☐ Condiments + Sauces
☐ Storage: Bags | Containers

HOBBIES
☐ Art supplies
☐ Craft supplies
☐ Knitting
☐ Music
☐ Photography
☐ Gardening
☐ Outdoors
☐ Other hobby

CLEANING
☐ Soap: Dish | Laundry
☐ Fabric softener
☐ Pre-treatments
☐ Starches
☐ Cleaners: Window | All-purpose
☐ Dish rags + scrubbies
☐ Floor: Vacuum | Brooms | Mops
☐ Paper towels
LINENS
☐ Towels
☐ Washcloths
☐ Blankets
☐ Pillows: Bed | Decorative
☐ Table: Cloths | Runners | Placemats
☐ Napkins + Napkin Holders
☐ Toilet paper
☐ Facial tissue
FURNITURE + HOME DECOR
☐ Sofas | Loveseats | Chaises
☐ Sectionals
☐ Tables
☐ Chairs
☐ Bookcases | Shelves
☐ Desks
☐ Lamps
☐ Dressers
☐ Wardrobes
☐ Beds
☐ Rugs
☐ Piano
☐ Art
☐ Candles + Holders
☐ Nick-knacks
☐ Other decor

TOYS
☐ Board games
☐ Building toys: Legos | K'Nex | Etc.
☐ Dolls: Clothes | Accessories
☐ Figures: Dinosaurs | Superhero | Etc.
☐ Costumes + Makeup
☐ Kitchen: Play set | Food | Accessories
☐ Sports: Balls | Bats | Etc.
☐ Weapons | Shields
☐ Bath toys
☐ Woodworking: Bench | Tools
☐ Art: Easels | Paint | Markers | Etc.
☐ Bicycles + Accessories
☐ Scooters + Accessories
☐ Cars + Trucks
☐ Chalk: Indoor | Outdoor
☐ Yard Games
LAST: SENTIMENTAL
☐ Awards
☐ Certificates
☐ Diplomas
☐ Yearbooks
☐ Artwork
☐ Letters
☐ Journals
☐ Scrapbooks
☐ Childhood toys
☐ Family Heirlooms
☐ Photos
☐ Gifts
☐ Antiques
☐ Religious items
☐ Collectables
☐ Other sentimental

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Free decluttering worksheet available on www.neatlittlenest.com

lesson #2 | focus on the keeps



“

**THE SPACE IN WHICH WE LIVE SHOULD
BE FOR THE PERSON WE ARE BECOMING
NOW, NOT FOR THE PERSON WE WERE
IN THE PAST.**

MARIE KONDO

”



Clothing + accessories

- It's a natural first category based on prior experience decluttering it.
- Having a closet that contains only items you love brings you daily joy.
- Let joy + service help you decide
 - What items do you love most and why do you love them?
 - What fits your today body?
 - What fits your today life?
 - What fits your today style?



books

- Keep joy + service in mind
- Consider how you use physical books
 - One-time reader?
 - Re-reader?
 - Décor?
 - Have your habits changed?
- Go for “greatest hits” collection



critical papers

- Critical papers are documents like certificates, wills, health care directives, titles, policies, etc.
- Keeping only essential ones is key.
- Organizing critical papers is for both you and your family in an emergency.
- A system you understand is critical.
- Fireproof and waterproof best for critical documents

sentimental items

kid's mementos photographs



heirlooms





**any questions on DECLUTTERING
before we move to ORGANIZING?**

lesson #3 | assign a home to everything

kitchen



bathroom



everywhere



lesson #4 | store like with like

clothes



electronics



craft/office



lesson #5 | remove store packaging



lesson #6 | label



“

**DON'T PUT IT DOWN.
PUT IT AWAY.**

PETER WALSH

”



questions?



where you can find us:

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