



The Gift of Space & Freedom

Through Decluttering

Journal Prompt: As the holiday season approaches, take a moment to reflect on the idea of decluttering both your physical surroundings and your mental space.

Consider the following questions to guide your thoughts: As the holiday season approaches, clutter can easily accumulate in our homes and minds. Decluttering provides an opportunity to create a serene environment that fosters peace and contentment. By clearing away the unnecessary, we open up physical and mental space to embrace the season. The following journal prompts can help reflect on how a tidy environment enhances holiday experiences and emotional well-being. Embrace the [gift of space and freedom](#) this season and enjoy the joy of a decluttered life.

1. How does clutter in your surroundings affect your emotions? Do you often feel anxious or overwhelmed when faced with disorganization?
2. What benefits do you anticipate experiencing if you declutter your space this holiday season? How might a tidy environment enhance your ability to enjoy family gatherings and celebrations?
3. Are there specific areas in your home that feel particularly overwhelming to you? What emotional attachments do you have to the items in those spaces?
4. What barriers have you encountered that prevent you from starting the decluttering process? Are there fears or time constraints that hold you back?
5. Can you start with small steps? Think about a single drawer or a corner of a room that you could tackle to create a sense of accomplishment.
6. Recall a time when decluttering brought you clarity and peace. How did that experience feel, and how can you recreate that sense of joy this season?
7. In what ways do you think a decluttered environment could enhance your interactions with family and friends? How might it contribute to creating lasting memories?

Use these reflections to envision the peace and clarity that come from a decluttered space and mind. Embrace the opportunity to free yourself from clutter this holiday season and enhance your overall experience. To set you on your journey to a life of space and freedom we have gifted you our very own “Decluttering Checklist” which provides 100 plus examples of items which you could target. Our other gift to you is from the declutter queen herself, Marie Kondo. Its her International bestselling book called “The life changing magic of tidying up”. We hope this brings you much joy and magic in your life..

