

10 Days To Declutter Your Life



KATHLEEN
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Life Coach

Hello Beautiful Human!

Welcome to your guide, "10 Days To Declutter Your Life". I'm so happy you decided to take the first step towards to minimalistic lifestyle and fresh start! I'm Kathleen Nower, I'm a life and mindset coach for women like you who are looking to re organize their lives and feel amazing about themselves.

Something tells me you're here because you're feeling a little stuck.

Do you found yourself caught in the same daily routine that uninspiring?

Do you need to make space in your life for new goals and a new mindset?

Do you want to clear out things in your life that don't align with this new lifestyle you want?



If you want to feel fresh and in control of your life and if you want to start living a more simplistic lifestyle, this guide is exactly what you've been looking for. This guide will provide you with a task to accomplish each day for 10 days that will help you live a life that's more aligned with who you truly are.

My work as a coach has helped me realize that in order to make change, we have to eliminate what isn't working for us! The focus is on clearing what is no longer serving you, organizing your life, and eliminating clutter. Whenever my clients are feeling overwhelmed, we go through this list. Getting rid of all the physical and emotional things that no longer serve you is an incredible way to help refocus. This will help you live with simplicity, experience more gratitude, and realize what is truly important to you.

5 days are focused on your physical space, and 5 days are focused on self discovery. You will be able to let go of whatever is holding you back from living your best life!

I believe that a cluttered home is a cluttered mind, so this guide will help you organize your space, and organize your thoughts. You can start to pay attention to your dependency on physical items for happiness. This is a way to help you get reacquainted with your own life. What are we holding on to? What attachments do we have? What do we really need going forward? We eliminate things from our external world so it's easier for us to focus on our internal world and do the real work.

You will spend time with yourself. The inner work of this guide is where the real transformation comes from. You will start to pay attention to what thoughts are aligned with who you really are. Do YOU want to have a negative, self sabotaging mindset? Do YOU want to live in the past and be unable to move forward?

Can I hear a hard "NO!"?

I honour and love you for taking this next step towards self acceptance and discovery. Your fresh start is right around the corner! Get ready to start feeling insanely happy and confident about who you are.

I look forward to supporting you on this beautiful journey!

Love & Light,

Kathleen Nower

Here's How This Works...

I'm so excited to be releasing this guide to you! It took some trial and error to figure out what worked for me when I needed a fresh start, so I'm super happy that I get to share it with you! If you feel lighter, free, and more positive after trying this guide, I'd be ecstatic!

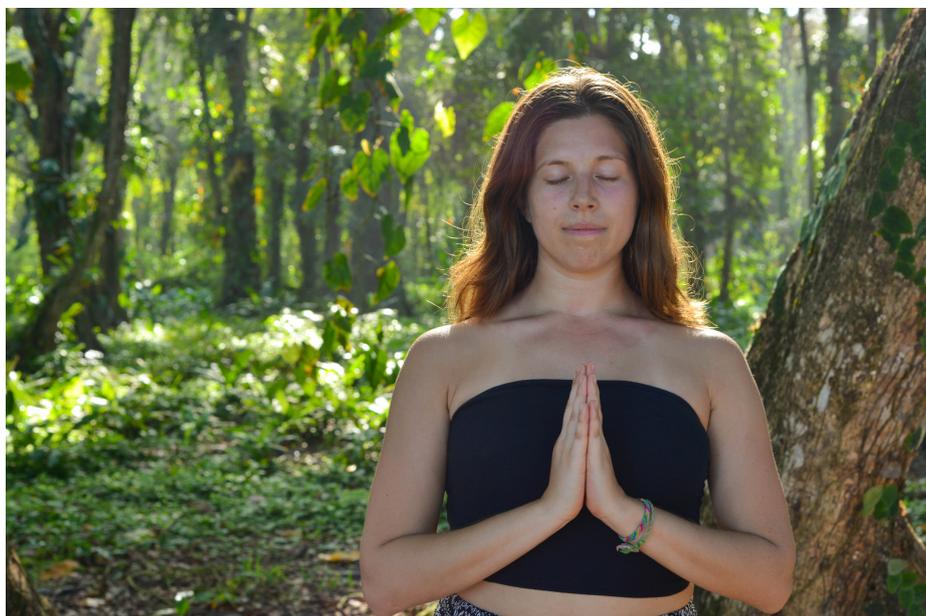
I'll be honest, I once felt trapped by my own life. I felt unable to live to my fullest potential. I didn't feel like I had control over what was going on. I would go to sleep on Sunday nights, and think to myself, "Thank God tomorrow is Monday and I can have a fresh start.", and then Monday morning would roll around and I wouldn't have a clue as to where to start. I was craving change, control and new lifestyle.

The thing is, I didn't physically or emotionally have any space for this new lifestyle. I needed to CLEAR before I could create.

I had this beautiful idea of what I wanted my life to look like, but there was no room for growth. I was holding on to too many things that no longer served me.

This guide goes through the physical and emotional things in your life that don't belong. I think it's really important to do both so your mind and space are mirrors of eachother.

Get out your journal or notebook, take notes on how you feel as you work through this guide, and get ready to experience a new found openness and spaciousness in your life and in your heart.



Clear Your Physical Space

Day One

Go through your house and fill a garbage/ recycling bag. Empty drawers, closets, purse, bathroom, etc. Go room by room. Don't forget the fridge! This is a great time to clean your house and get to all those hard to reach spaces! Take care of your space.



Day Two

Clear out your inbox, unsubscribe from spam emails or emails that are no longer relevant, clear programs and files that you don't need.

Head on over to your Instagram account and go through the people you follow. Are there people that you follow that don't inspire you? Are there Instagram models and fitness accounts that make you feel bad about your own body?

Remember that an Instagram account or a picture of someone else cannot MAKE you feel a certain way. Those feelings come from within and are caused by your own insecurities! That being said, why follow people that don't encourage a positive attitude? We have to be very cognizant of what we let into our subconscious minds. That picture of a girl with a "perfect body" that brought up anxious feelings does not need to be a part of your day if it's going to have a negative effect!

Do the same with Facebook! Your social media is YOUR space. Fill it with things that make you happy and inspire you.



Day Three

Go through your closet and donate clothing! Anything you haven't worn in the past year (or season) can go to a new home! (This doesn't include clothing for special occasions.) Take everything out of the closet/ drawers.

If you're looking to make some changes in your life, give away clothing that doesn't align with the life you want to lead. Are you holding on to clothing that doesn't fit? Let. It. Go.

Think about the attachment you have to your clothing or to vanity. Think about how your favourite outfits make you feel. Where does that confidence go? Where does it come from?



Day Four

Try eliminating one bad habit that you've been itching to get rid of and know isn't serving you anymore. This doesn't have to be something totally life changing! It can be really small. Examples include:

- Watch 1 hour less TV
- Take one unhealthy food that you normally eat out of your diet
- Spend less time on social media
- Canceling a social engagement that you know will drain your energy
- Talking to yourself negatively
- Drinking alcohol on weekdays



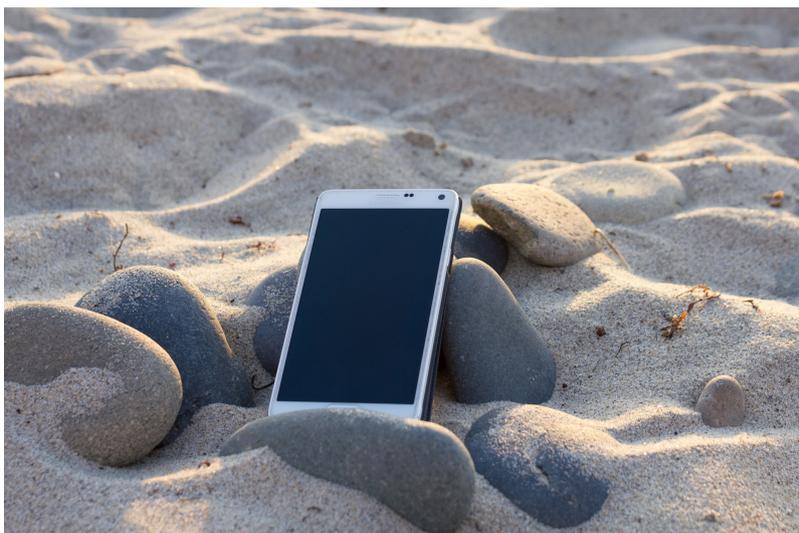
Day 5

Set a cell phone boundary. If you have an iPhone, you can set restrictions around how often you use your phone. This could be limiting social media, not using your phone during meals, not checking your phone first thing in the morning, and not using your phone starting from an hour before you go to sleep.

It's amazing how much we depend on our phones when we're bored or doing everyday tasks. Take note of how you feel without your phone during these times (especially first thing in the morning) and what you can do to replace the use of your phone - like reading before bed and meditating or actually paying attention to and being grateful for your food.

I wake up and don't look at my phone for at least 30 minutes. Use this time to check in with yourself. Give yourself love each morning before giving the internet your energy.

What we look at as we're just waking up sets the tone for the rest of the day.



Clear Your Mind

Day 6

Imagine your best self, and let go of everything else. Grab your journal (or use the space provided) and write about your ideal self. What does your perfect day look like? Ideal habits? Things you like most about yourself? You can start by finishing the prompt “I want.... From my life” or “I want to be a person who...”.

There are no limits to this prompt. You have all the resources you would need to live your ideal life. You have no baggage attached to you that would prevent you from moving forward. It's as if you're being reborn. No one has put a label on you yet, you've never been hurt, you've never hurt anyone. You have a fresh start.

Think about how this prompt makes you feel. What is really holding you back from being this person?





Day 7

Make a list of things that do not align with your truest self. Keep this list so you can come back to it as your life changes.

What are some things that you can let go of that are draining your energy? Write them down, say “thank you for teaching me about who I am” and cross them off. Take a minute to acknowledge each one and think about what it has taught you about who you are.

Does thinking about the things you don’t need any more help you define what “your best self” looks like?





Day 8

Write down some of the things that you tell yourself that affect your mindset. This can be challenging because we tell ourselves these stories subconsciously, so we might not be aware of what they are!

If you're struggling to think of yours, start becoming more aware of your inner chatter and start listening for when you put yourself down. Make a note of what your inner chatter is saying! Try doing this on a regular basis. The best way to start noticing your inner voice, is to meditate.

Here are the basics:

- Find a quiet place to sit
 - Sit with your back straight
 - Close your eyes or focus on a flame from a candle
 - Focus on your breath, without judgment.
 - Notice what thoughts are coming in and out of your head.
 - When you notice your inner voice getting loud, think to yourself, " I wonder what my next thought will be?", and watch your mind empty and become completely aware of the present moment.
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Take those negative thoughts and change them. Change them to what is ACTUALLY true. Change your story. Gain control over your thoughts!

"I am not good enough" – "I am worthy, I am enough exactly the way I am"
"I am not as pretty as she is" – "I'm pretty like ME. I don't need to compare myself to someone else."

"I'll never succeed" - "I've come so far. Success is a journey. I am grateful for my journey."



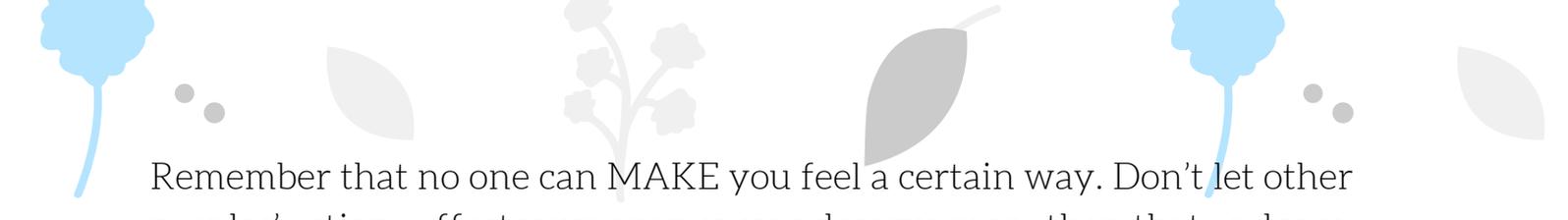
Day 9

Forgive.

This one is really hard. But holding onto resentment can be really overwhelming and can prevent you from moving forward.

Pull out your journal and ask yourself – "Why can I not forgive this person?"

Your answer will likely be something like "Because they...."



Remember that no one can MAKE you feel a certain way. Don't let other peoples' actions affect your energy, you deserve more than that and you are stronger than that. Spend some time thinking about what the root of the problem is, not what this person did to hurt you. Why did it hurt you? What pain did their actions awaken? Dig Deep.

You don't have to be this person's best friend, but don't allow this heavy feeling of resentment or anger to weigh you down. Find acceptance in this situation.

Can you forgive yourself? Is there something weighing on your heart? Can you heal? What do you truly need in order to heal?

Day 10

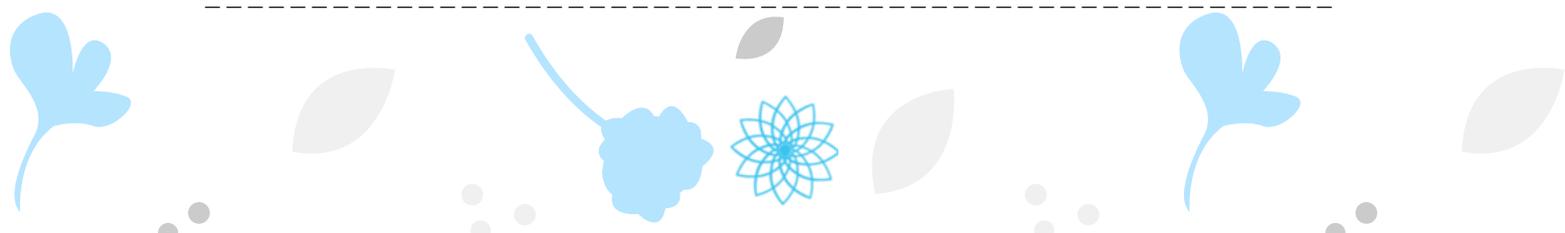
Use what you've learned from this exercise to create a new goal for yourself. This can be something like:

"Live with simplicity"

"Do something that is aligned with my true self every day"

"Focus more on what I already have, than what I feel I need."

"Focus on who I truly am, rather than the past I carry with me."



Next Steps!

I really hope you enjoyed the past 10 days! You are SO amazing for completing this workbook. I hope you feel light and have found new space in your heart for all the things that are truly important to you. You deserve to be insanely happy! My goal is to inspire you to live a life that's connected to your values. I want you to achieve all your goals and have all your dreams come true.



Since you've made an inspiring goal for yourself, I would LOVE to be a part of this next chapter in your life.

A coaching series with me will help you accomplish this goal. I'll hold you accountable and guide you on this journey.

I want to be your own personal cheerleader while also asking you some tough questions that help you become the person you've always wanted to be.

A coaching series with me is 3 months long, we meet every two weeks and I'm always available to you via email for extra support.

Please head to my website www.kathleenower.com for more information or email me at kbnower@gmail.com so we can set up a free consult to get you started.

I am inspired by your choice to embark on a personal development journey. Self-care is more than taking a long bubble bath! It's about discovering who you are, caring for your soul and designing a life that fills your heart.

Love & Light,

Kathleen Nower

