

*The Tidy Tutor*

# THE PRINCESS PROJECT

# Declutter Like a Princess

1. Imagine you are a princess.
2. Declutter as if you are.
3. Ask yourself, would a princess keep this?

**Sometimes we keep things that no one else would.**

**Let's be super conscious and deliberate about what we keep and what we let go of...**

Focus on getting rid of what you don't love, need, or use...

If it doesn't fit on you, in your home, or is broken it is not desirable.



# Become a Joy Sucker Detective!

## What is a joy sucker?

- \* Anything that makes you feel bad.
- \* Anything that gives you grief because it doesn't work.
- \* Anything that makes you feel uncomfortable.
- \* Anything that is broken.
- \* Anything that is worn, torn, or stained.
- \* Anything outdated or never worn.

## Examples

- \* Something from someone who passed away.
- \* Something from a painful previous relationship.
- \* Vacuum that only works when jiggling the cord.
- \* A gift you received that you don't like.
- \* Collectible that has a crack in it.
- \* Chipped dishes, mugs or cups.
- \* An old rug, coat, or clothing.
- \* Work clothes you no longer need.

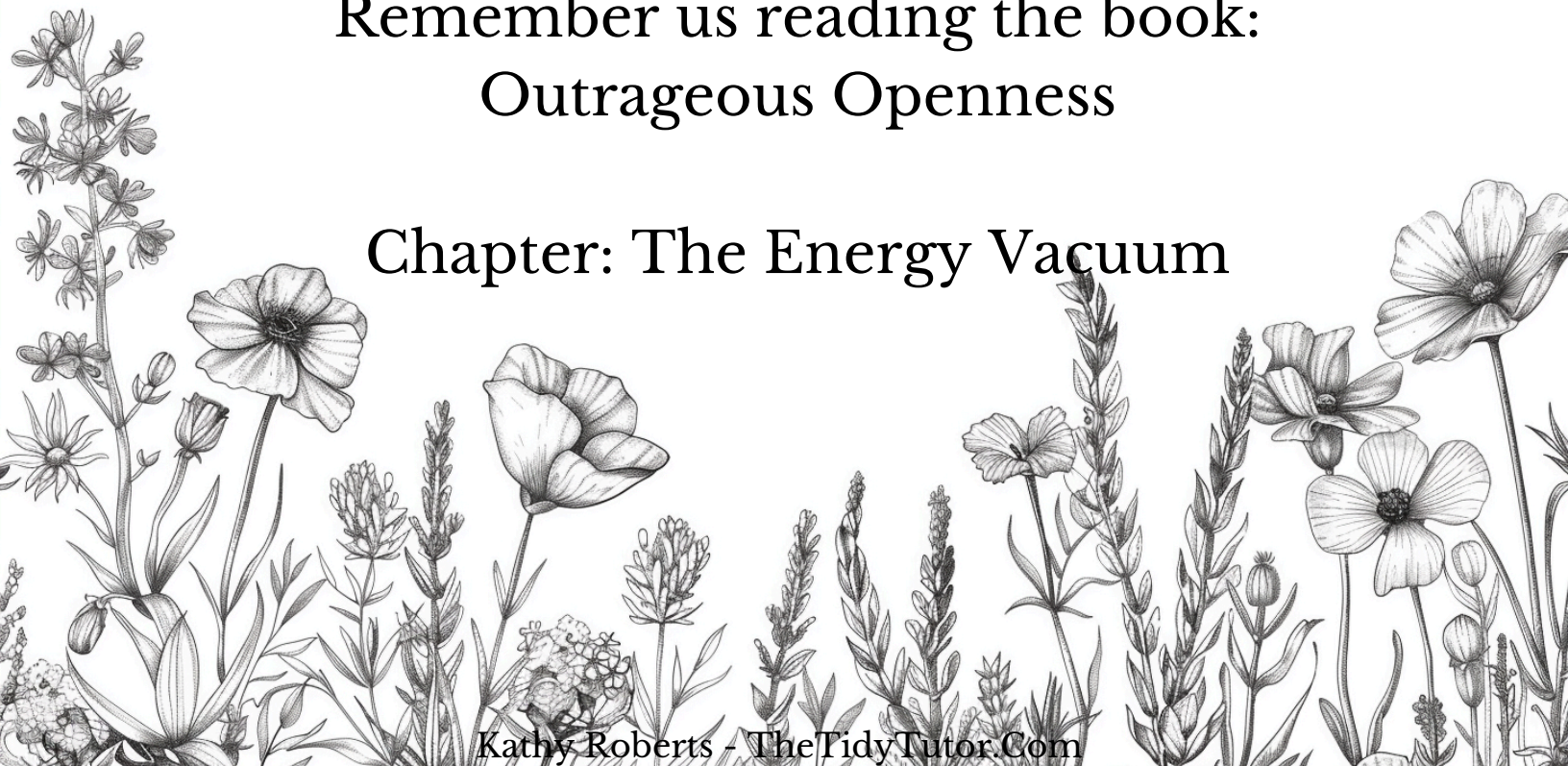


# The Joy Sucker Treasure Hunt!

1. Pick an area at home - Choose someplace that feels like you should feel like a princess there...
2. Scan the area for something in your line of vision or an object you use or wear that sucks the joy right out of you when you look at it.
3. Once you've identified your joy sucker either
  - a. Dispose of it
  - b. Donate it
  - c. Transform/Fix it so it no longer sucks your joy.

Remember us reading the book:  
Outrageous Openness

Chapter: The Energy Vacuum





# The Joy Sucker Treasure Hunt

In our recent class, we began a Joy Sucker Treasure Hunt, exploring our living spaces where remnants of past relationships, broken objects, or unwanted gifts lurked, stealing away our joy.

It could also be where clutter has accumulated or something is just dirty making you feel joyless.

Now, for our “Part 2 Joy Sucker Treasure Hunt!” it's time to delve deeper into this exploration and connect it with areas of our lives where you desire change.

Take a moment to think about an aspect of your life that you feel needs transformation.

# The Joy Sucker Treasure Hunt

1. **Identify the Area of Change:** What aspect of your life do you want or need to experience change in? Consider areas such as relationships, career, health, personal growth, or any other aspect that tugs on your heart.
2. **Connect with Your Living Space:** Think about how this area of your life is connected to specific areas in your home. For example:
  - If you desire improvement in your romantic relationships, consider how your bedroom or kitchen space reflects this aspect of your life.
  - If you seek better financial stability, think about how your office or kitchen (where you may manage finances) could be an energetic representation.
  - If health and well-being are your focus, explore how your bedroom and bathroom could be improved to feed your need for wellness.





## The Joy Sucker Treasure Hunt - continued.

**3. Identify Joy Suckers:** Now, visualize these areas of your home and think about the joy suckers present within them.

What items or aspects of these spaces contribute to feelings of ick? Consider items that remind you of past disappointments, clutter that overwhelms your space, or anything else that makes that area not fun to be in.

**4. Creating Ripple Effects:** Recognize that by addressing joy suckers in these specific areas of your home, you are sowing seeds for positive change in your life. Making intentional adjustments to these spaces can have a ripple effect, influencing other areas of your life in profound ways.

### Action Step:

Take some time to set up a heart or star chart that will keep you committed to your goal of addressing the identified areas in your living space. Use the chart to track your progress and stay accountable to your commitment to these areas.

(Scroll down for the charts.)

# The Joy Sucker Treasure Hunt - Continued.

**Examples:** Identify an area in your life that you want or need to experience change, and think about what area of the house is connected with it.

## Relationships

Kitchen  
Porch/Entranceway  
Bedroom  
Living room/Family room  
Dining room

## Family

Living room  
Kitchen  
Dining room

## Work/Business

Office  
Computer area  
Bedroom  
Car

## Health

Office  
Kitchen  
Car  
Bedroom  
Spare room/  
garage/  
basement

## Self Care

Bedroom  
Kitchen  
Bathroom  
Car

## Finances

Office  
Kitchen  
Car  
Bedroom





*Now Get into Character!*

# Embrace the Role: Becoming Your Organized Character

Imagine you've just been cast as a character in a play – someone you deeply admire for their impeccable organization and go-getter attitude. This character doesn't tolerate messes and approaches tasks with unwavering determination, simply because they know it has to be done.

Unlike your usual, this character doesn't wait around or tolerate clutter for too long.

She notices right away when something needs attention, whether it's a mess left from a renovation or a lingering decluttering project.





# Embracing the Role: Becoming Your Organized Character

This character doesn't meander through tasks; she moves with purpose and efficiency.

From the moment she wakes up, she's on a mission, tackling each task with determination and confidence.

She's skilled at delegating responsibilities and has a clear vision of what needs to be accomplished – and she makes it happen.

## Action Step:

For this assignment, think of someone you know who is super organized and be her. (I use 3 different people. My sister and my 2 sisters-in-law.

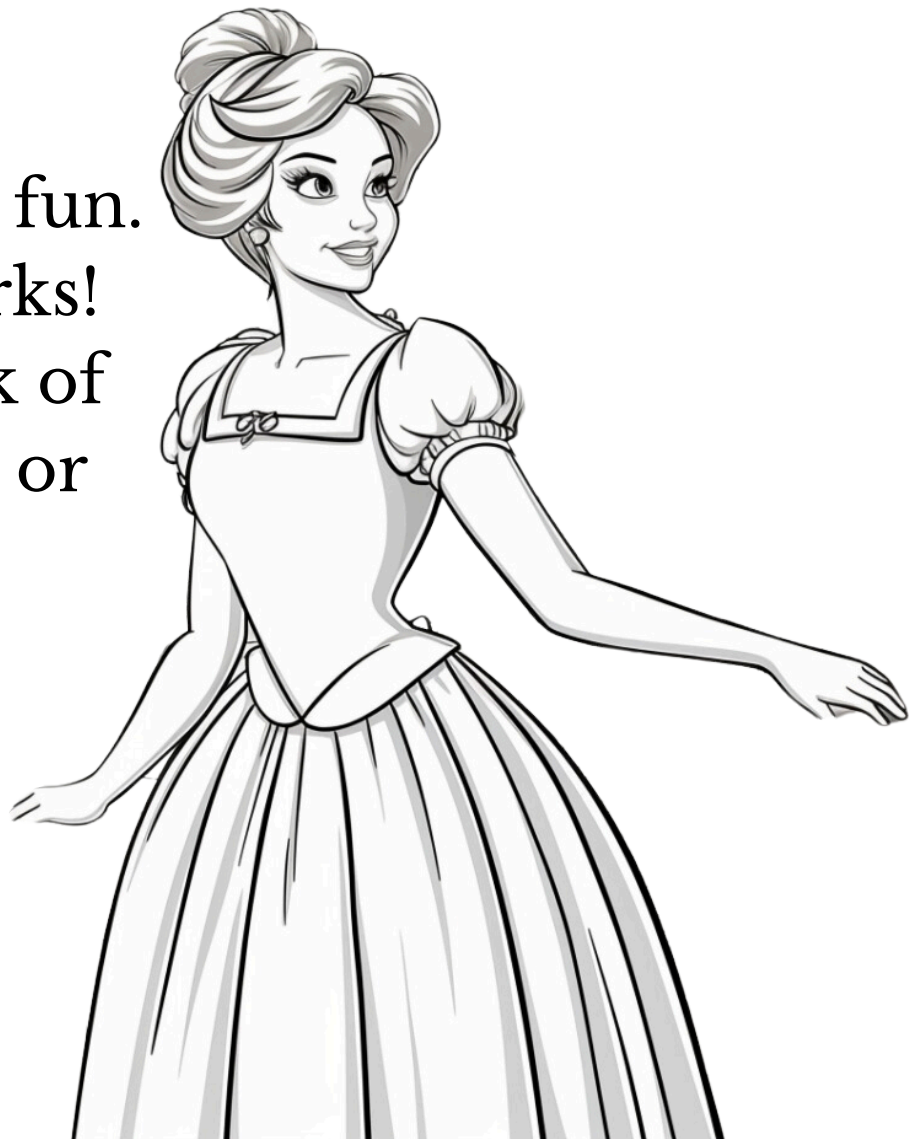
Throughout your day, embody their traits and “be them.”

## Embracing the Role: Becoming Your Organized Character

Notice how adopting this persona affects your approach to decluttering and even the way you see things.

Remember, you have the power to be a mover and a shaker, just like the character you're portraying. Let's get things done!

This can be super fun.  
And it really works!  
If you can't think of  
anyone, use a tv or  
movie star.





# Finding a New “WHY”!

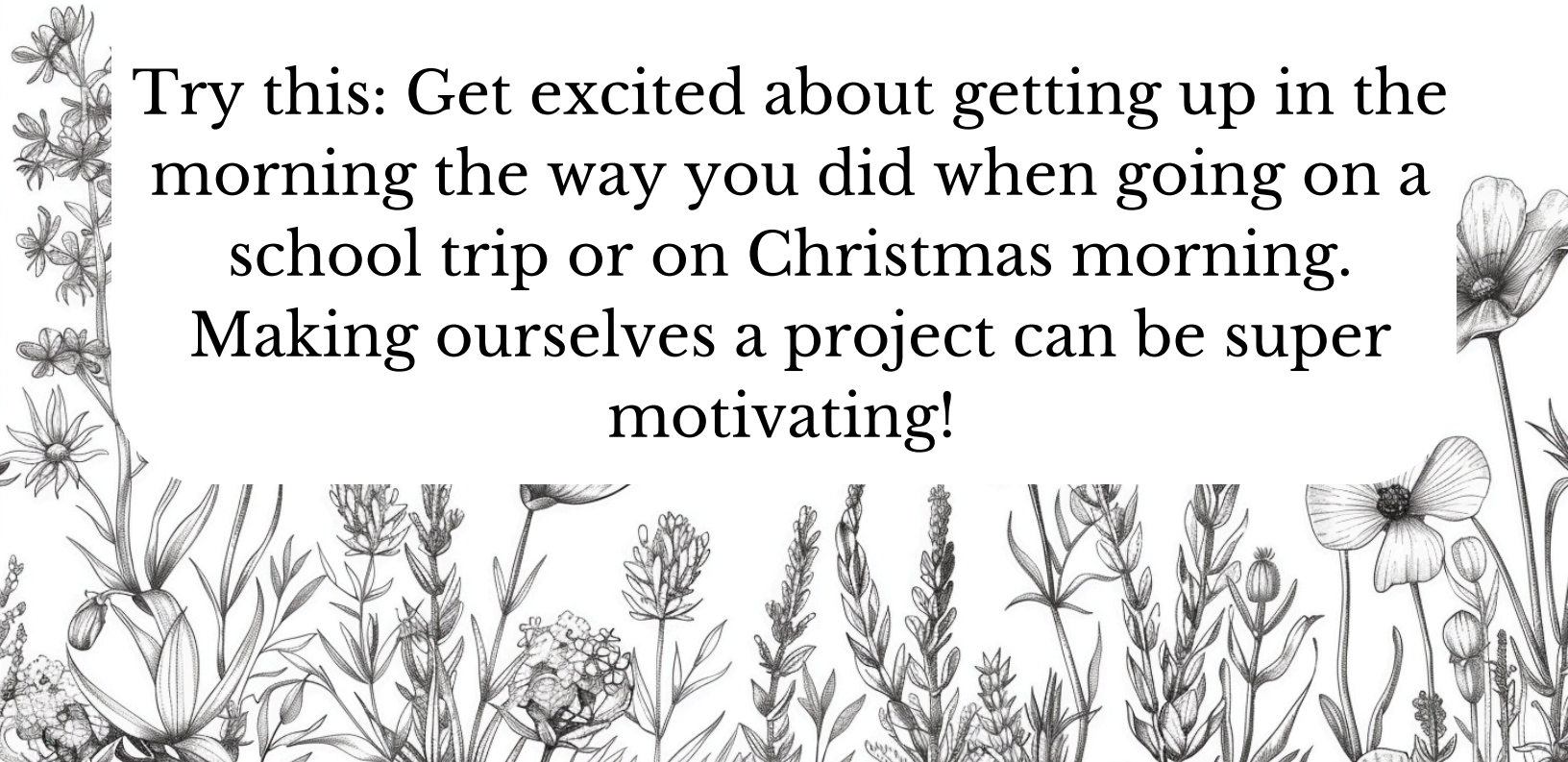
## A New Reason!

As I said in our previous class focusing on areas that are attached to a particular area of life will show a change in you which in turn will create a change in that area of your life.

What I’m hoping for is to add a level of “I WANT TO DO IT!” when we think about decluttering and doing all of the work that has to be done, starting with waking up!

Let's see all we do as an energetic focus, with the potential to make the changes we want in all areas of our lives, and not a chore.

Try this: Get excited about getting up in the morning the way you did when going on a school trip or on Christmas morning. Making ourselves a project can be super motivating!



# New way of looking at being organized

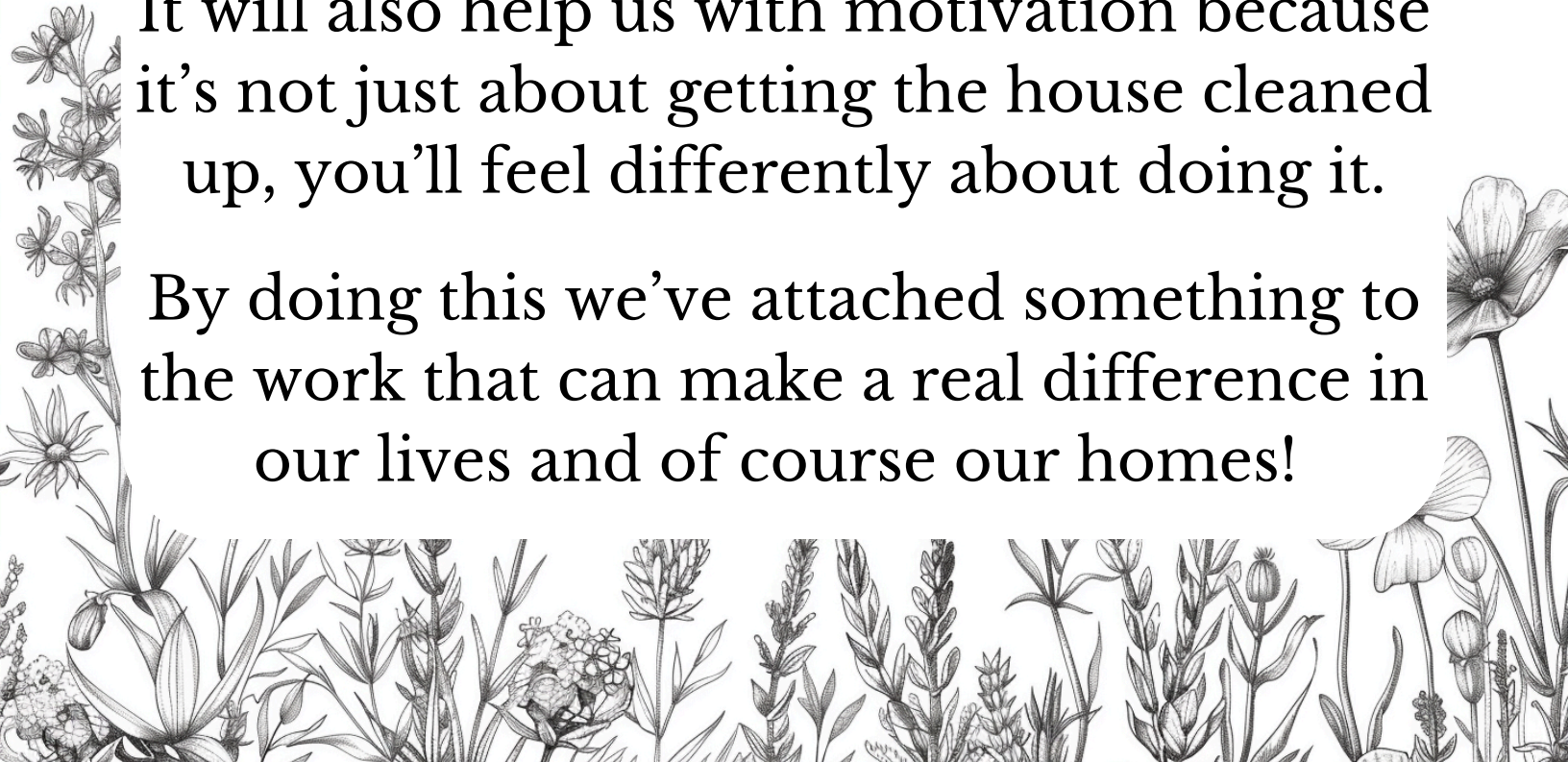
Let's tackle a new way of looking at making changes and doing the work.

Let's add a new twist to this motivation to declutter and clean up as a strategy to make the changes in all areas of life that we want to change...

Making upgrades and improvements at home can directly affect the results we get when wanting life to go well when wanting a goal to materialize for us, and will add greatly to our happiness factor...

It will also help us with motivation because it's not just about getting the house cleaned up, you'll feel differently about doing it.

By doing this we've attached something to the work that can make a real difference in our lives and of course our homes!





# Economy Class and The Upgrade Plan

Sustainable upgrades and gradual improvements.

That doesn't mean it's slow or boring.

Sometimes you'll make big changes. But we're focusing on long-lasting transformation so we won't fall back into old habits.

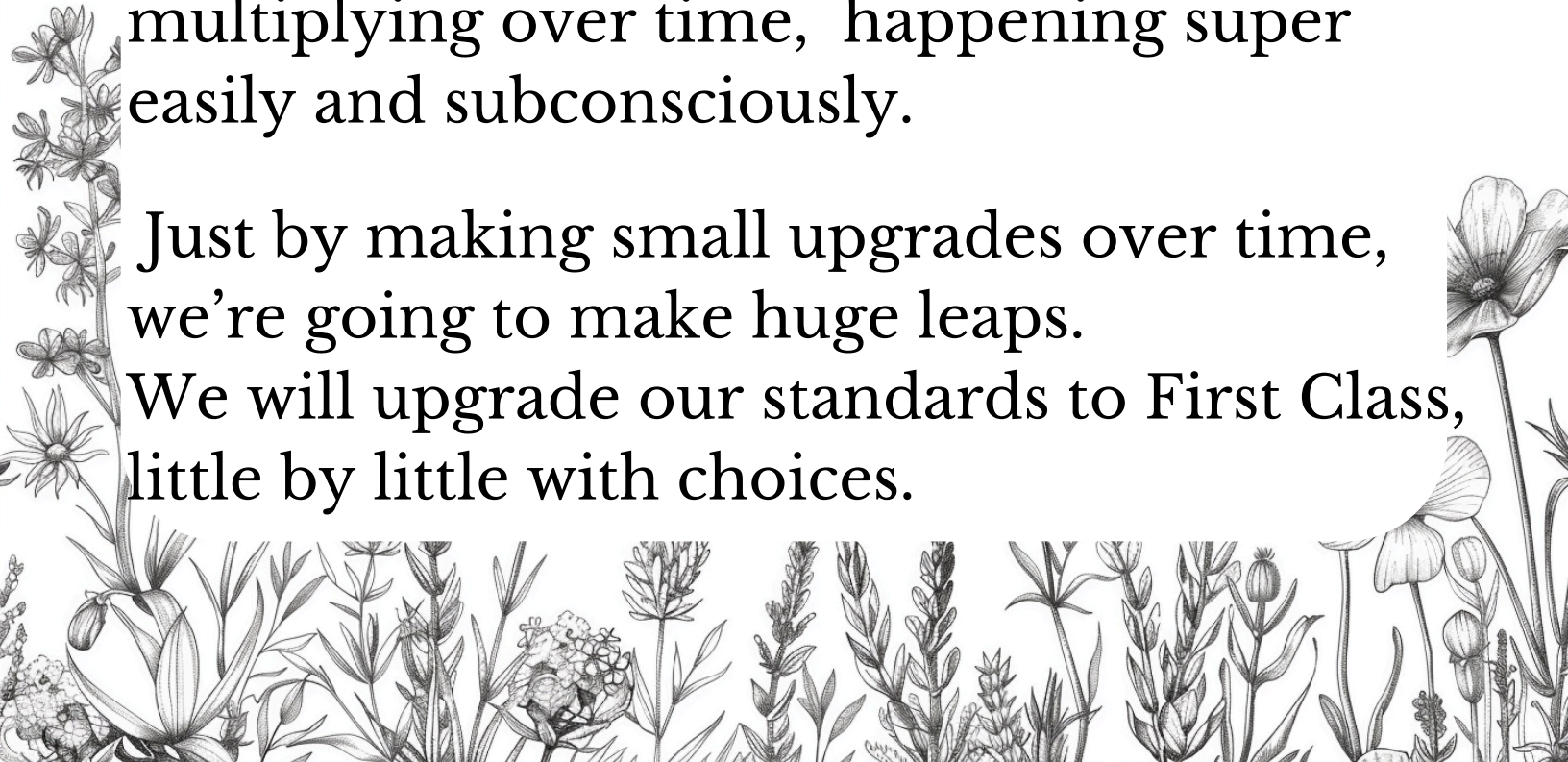
Beginning with practical steps we'll upgrade and address our clutter from lots of angles.

I found this fun.

We will move toward improvement and change incrementally, and consistently, multiplying over time, happening super easily and subconsciously.

Just by making small upgrades over time, we're going to make huge leaps.

We will upgrade our standards to First Class, little by little with choices.



Think Upgrade when looking for Three Joy Suckers

Love interest relationship - Bedroom (think sheets), bedding, pajamas, panties/underwear, self-care, hair, nails, skincare, getting enough alone time for you, girl time (guy time)...

Relationships with family - Self-care, alone time for you, (girl time/guy time), Kitchen dejunking, living area dejunking, entranceway dejunking, car care.

Finance - Office area, desk day, including creating a budget, wallet dejunking, purse dejunking, receipt clean up, taking a course

Self Care - Makeup, personal grooming things, wardrobe/closet dejunking, bathroom, hair, nails, pjs, undies, car care, invest in self, use luxury items.

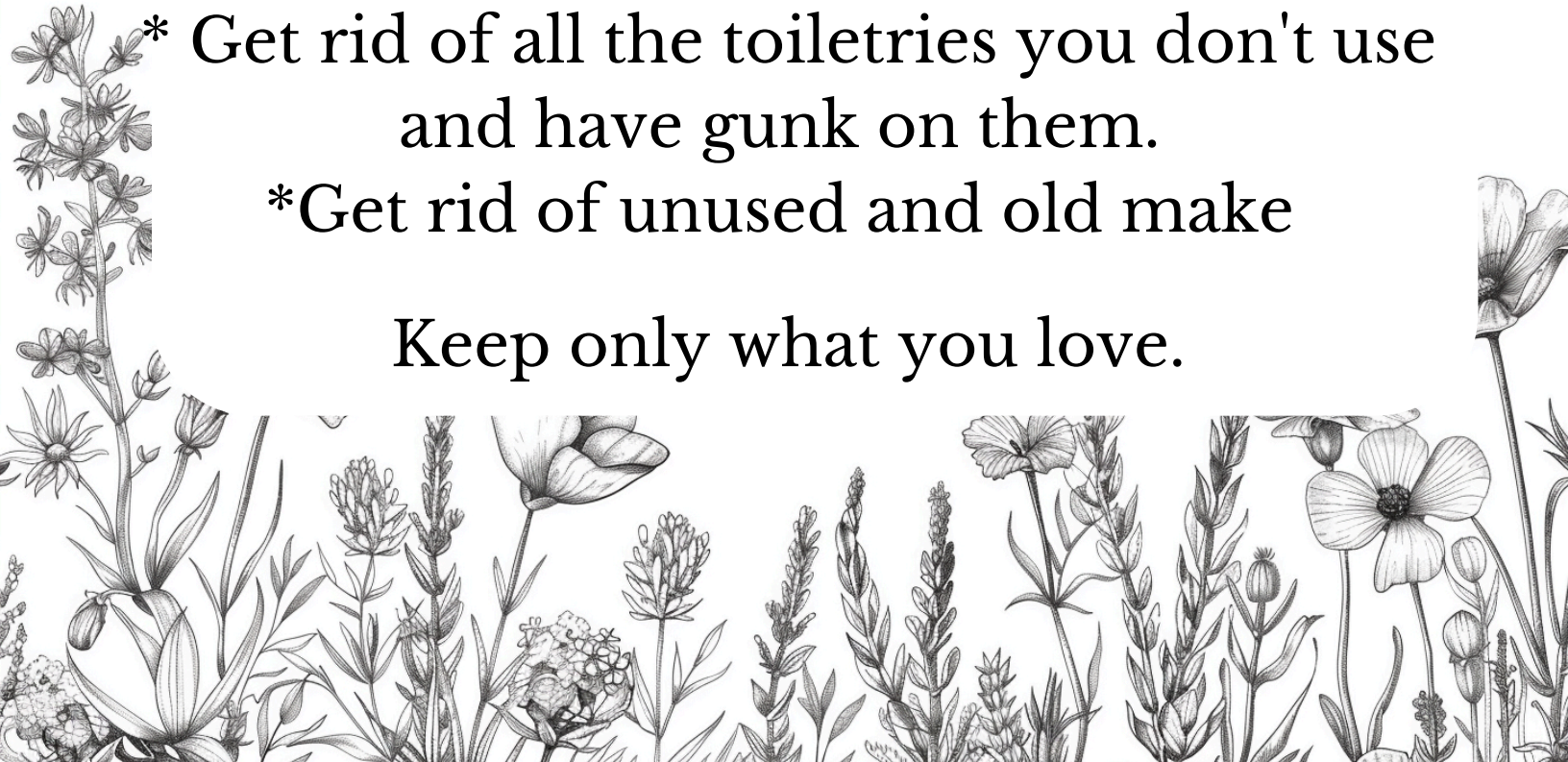




## A few Ideas to boost your inner status

- \*Clean your good china and use it. Or just the cups to have tea or coffee and a snack next time, and often.
- \* Dejunk your sheets, use a good set to make your bed with, wash your bedding, and freshen it up.
- \* Get rid of ratty pajamas and replace them with others that make you feel good (We really only need 2 or 3 pairs.)
- \* Commit to the bathroom swish and take a bath with a candle lit, once in a while. (scheduled, though, so you'll do it)
- \* Get rid of all the toiletries you don't use and have gunk on them.
- \*Get rid of unused and old make

Keep only what you love.



# Quick Upgrade assignment: Pick a Room

Keep in mind the previous exercise. We chose a part of life and the area associated with it to focus on,

Now think: Upgrade and pick three things you can change within a week to upgrade/elevate an area of your life.

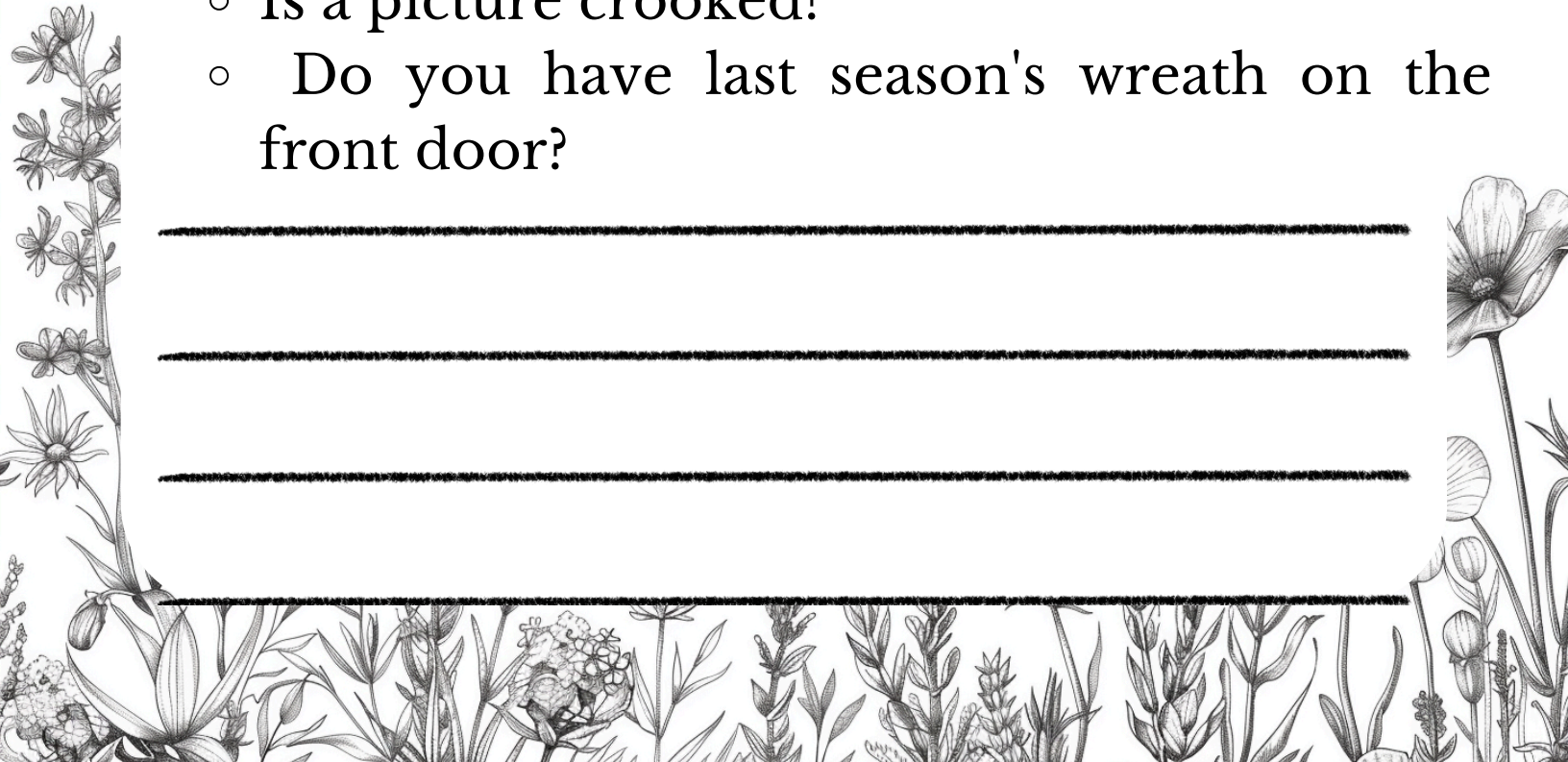
Ask yourself what subtle things can you do in that room.

- Look around and see if there is anything that needs fixing.
  - Is a switchplate cracked?
  - Is a picture crooked?
  - Do you have last season's wreath on the front door?

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# Upgrade Categories and Spaces...

Don't even think of doing everything all at one time.

No need to overwhelm yourself.

Make this a new way of looking at things as you do things at home... when you're doing anything think: "Upgrade"

**A little at a time. Be mindful...**

We will move toward improvement and change incrementally, and consistently.

Just by making small upgrades over time, we will make huge leaps.

Doing this brings change without even realizing it. We don't have to feel worthy to do it. Change can happen very fast, in a sustainable way.

## Examples

- As you do laundry, put clothes away, and fold clothes.
- When you are working in a zone.
- When you are working in a room of choice.
- Think about socks...
- As you work in your kitchen
- When you go to bed at night.
- When you put on Pajamas.
- Take a shower.
- Put on makeup (what is your makeup like?)
- As you do anything and everything... think: Upgrade

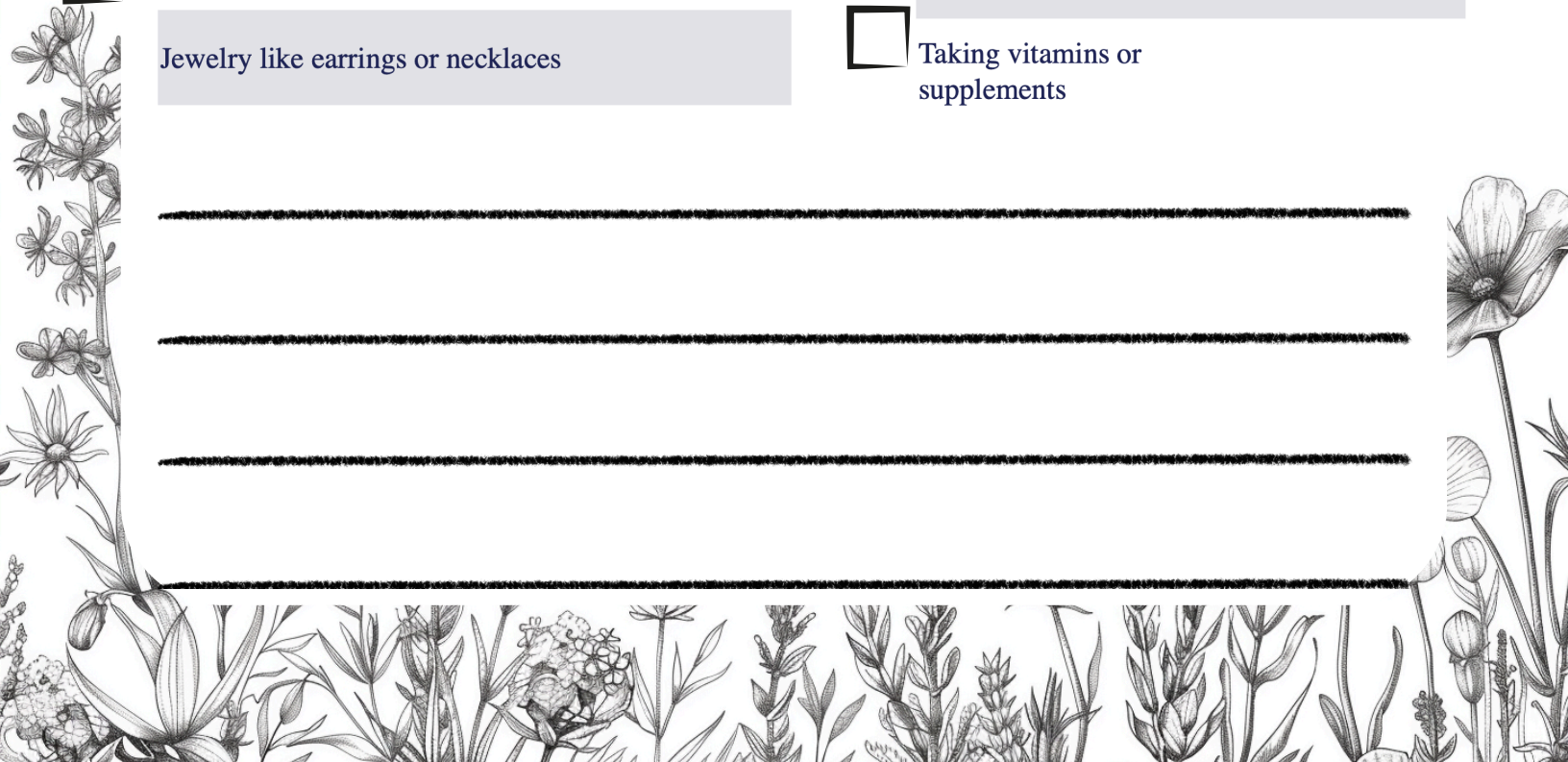
# Categories to think about

## CLOTHING AND ACCESSORIES

- ☐ Underwear and socks □ □ □ □
- ☐ Pajamas and sleepwear □ □ □ □
- ☐ Swim wear (pool or beach) □ □ □ □
- ☐ Work out wear or gym clothes □ □ □ □
- ☐ Work clothes or business attire □ □ □ □
- ☐ Going out clothes or formal wear □ □ □ □
- ☐ Winter gear (are you warm enough?) □ □ □ □
- ☐ Shoes in general □ □ □ □
- ☐ Handbags and luggage □ □ □ □
- ☐ Accessories like belts or hats □ □ □ □
- ☐ Jewelry like earrings or necklaces

## HEALTH & WELL-BEING

- ☐ Healthy screen time □ □ □ □
- ☐ Drinking enough water □ □ □ □
- ☐ Good quality skin care □ □ □ □
- ☐ Good quality hair care □ □ □ □
- ☐ Getting good quality sleep □ □ □ □
- ☐ Taking time off from work □ □ □ □
- ☐ Quality make-up products □ □ □ □
- ☐ Taking medications regularly □ □ □ □
- ☐ Eating regular, healthy meals □ □ □ □
- ☐ Taking vitamins or supplements





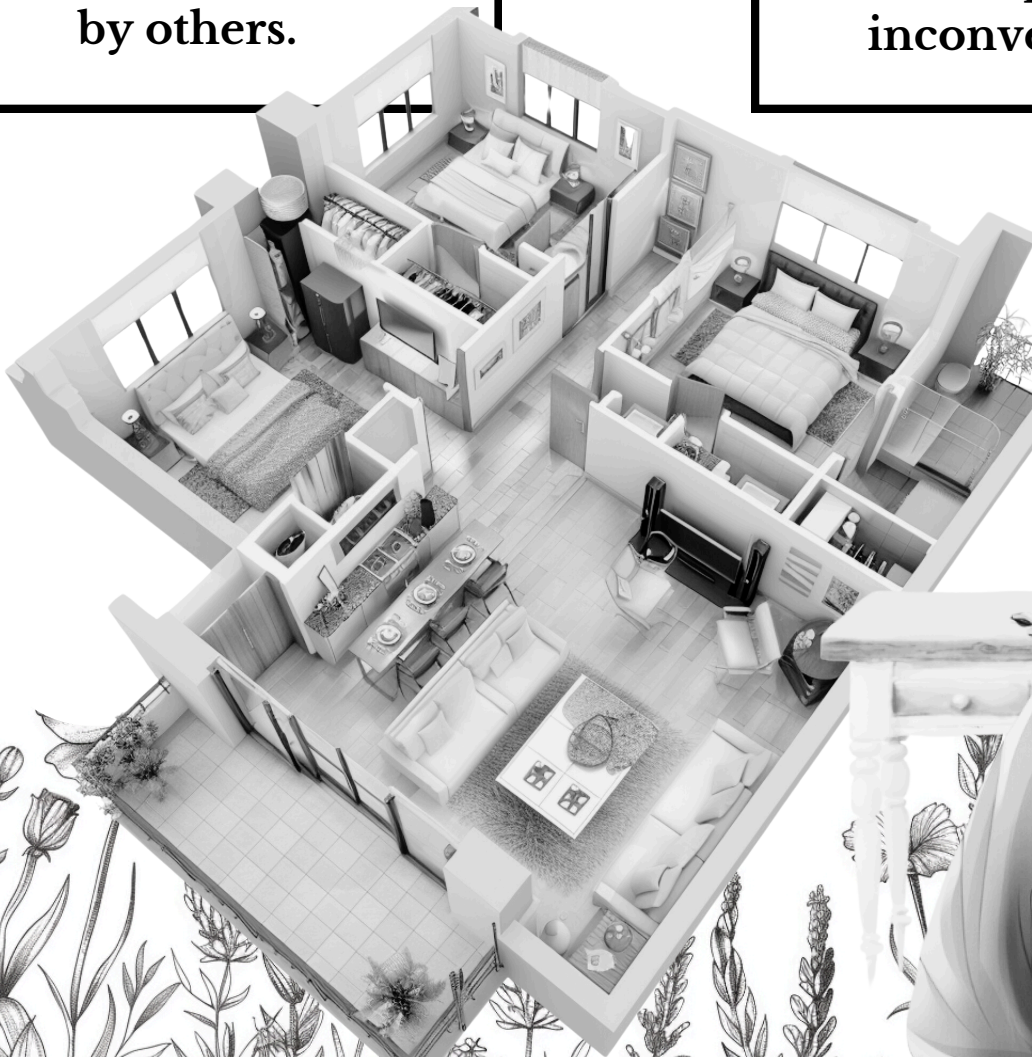
**A little bit at a time, be mindful of every area of the home.  
Remind yourself of 'our' definitions of Economy class  
and First Class. Ask yourself, "Is this economy class?"**

### **First Class:**

**What you would choose,  
no matter the cost.  
Makes you feel abundant,  
worthy, or gives  
pleasure. Things you love,  
even if misunderstood  
by others.**

### **Economy Class:**

**Things you're keeping out  
of guilt or obligation.  
Purchase decisions made  
solely on cost, not choice.  
Anything that makes you  
feel poor or  
inconvenienced.**

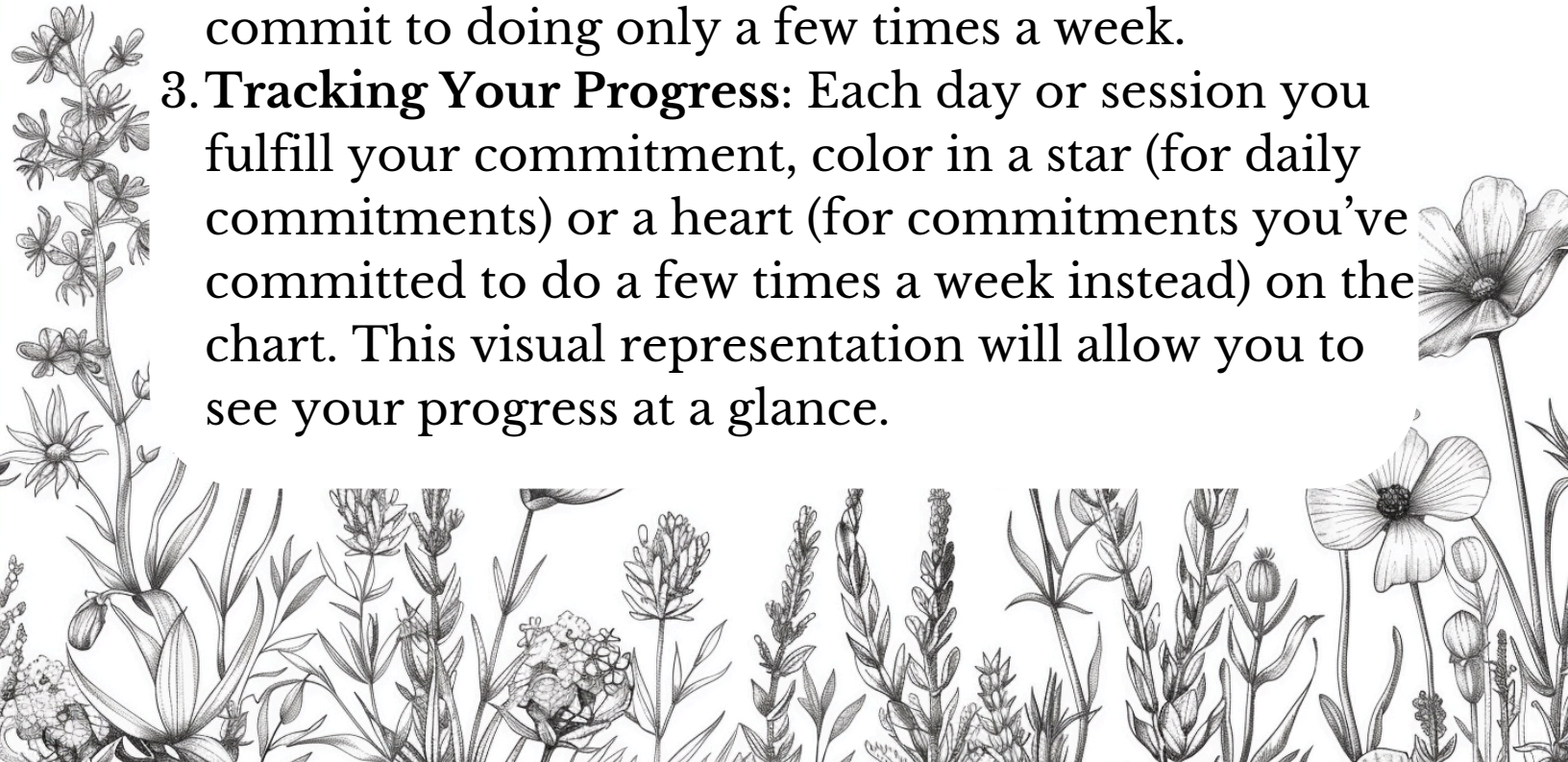


# Start Tracking!

Welcome to our goal-tracking system! This tool is designed to help you stay accountable to the commitments you've made to yourself. Whether it's decluttering, exercising, or any other goal, these tracking sheets will keep you on track and motivated.

## Using the Tracking Sheets:

- 1. Setting Your Goal:** Start by setting a specific goal for yourself. For example, you might decide to seek out and declutter three items every day, or perhaps commit to exercising three times a week.
- 2. Choose Your Chart:** Depending on the frequency of your commitment, select the appropriate tracking chart. Use the star chart for goals you commit to doing daily, and the heart chart for goals you commit to doing only a few times a week.
- 3. Tracking Your Progress:** Each day or session you fulfill your commitment, color in a star (for daily commitments) or a heart (for commitments you've committed to do a few times a week instead) on the chart. This visual representation will allow you to see your progress at a glance.





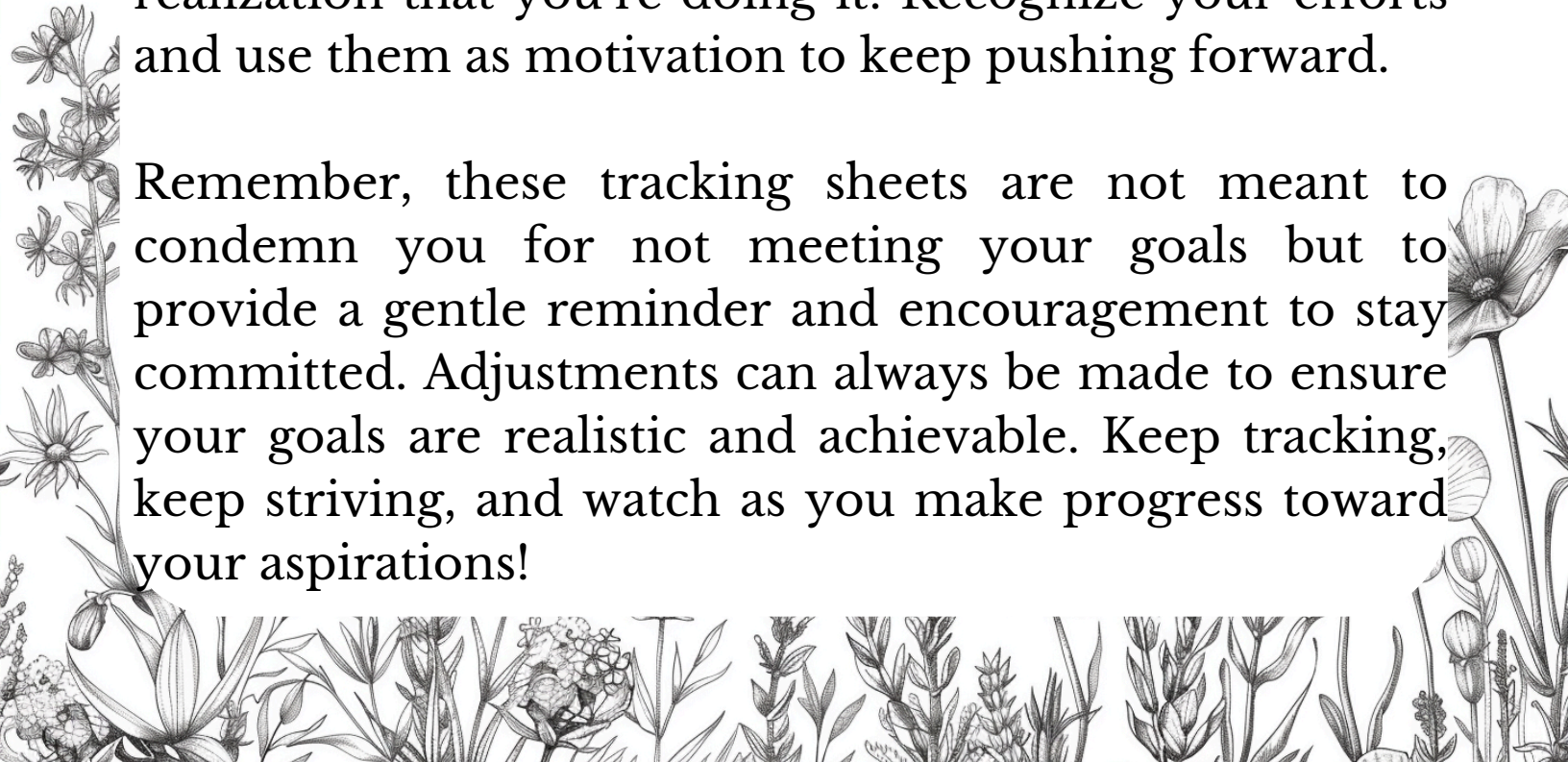
# Tracking continue!

**4. The Power of Tracking:** Remember, tracking your goals is a powerful tool for achieving them. Studies have shown that people are more likely to achieve their goals if they write them down. By tracking your progress regularly, you are essentially writing your goal down, reinforcing it in your mind, and increasing your chances of success.

**5. Review and Adjust:** Regularly review your progress on the tracking sheets. Take note of what's working well and what's not. If you find that your commitment is too challenging to do every day, consider adjusting it to every other day or on specific days like weekends.

**6. Celebrate Your Success:** Celebrate your achievements along the way! Every star or heart colored in represents a step closer to your goal and a realization that you're doing it! Recognize your efforts and use them as motivation to keep pushing forward.

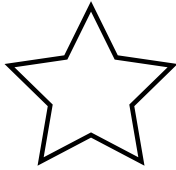
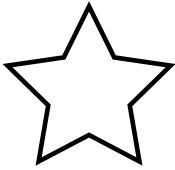
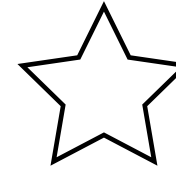
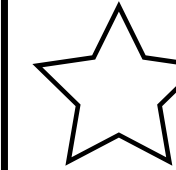






Remember, these tracking sheets are not meant to condemn you for not meeting your goals but to provide a gentle reminder and encouragement to stay committed. Adjustments can always be made to ensure your goals are realistic and achievable. Keep tracking, keep striving, and watch as you make progress toward your aspirations!



For 10 days I will...

Kathy Roberts - TheTidyTutor.Com

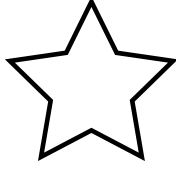
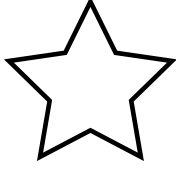



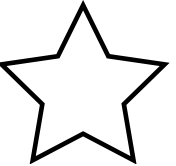
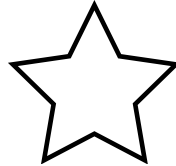
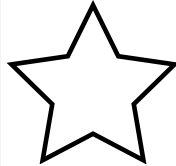
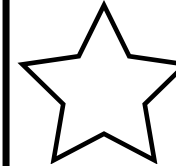
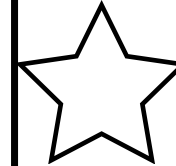
" WHAT IF  
I FAIL?  
OH  
DARLING  
WHAT IF  
YOU  
FLY!?"  
**ERIN HANSON**

Date: 	Date: 	Date: 	Date: 	Date: 
Date: 	Date: 	Date: 	Date: 	Date: 

For 10 days I will...

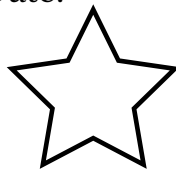
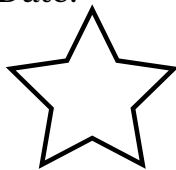

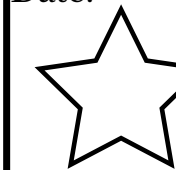






This is not about  
being perfect.

- I'm staying accountable
- I'm tracking my progress,
- I'm staying focused,
- I'm seeing what works and what doesn't.

Date: 	Date: 	Date: 	Date: 	Date: 
Date: 	Date: 	Date: 	Date: 	Date: 

For 10 days I will...

YOU  
GOT  
THIS!  
KEEP  
GOING!

Date: 	Date: 	Date: 	Date: 	Date: 
Date: 	Date: 	Date: 	Date: 	Date: 

My big WHY!































# Tidy Tutor 7-Day Heart Chart

My Goal is...

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Date:	Date:	Date:	Date:	Date:	Date:	Date:
						
Date:	Date:	Date:	Date:	Date:	Date:	Date:
						
Date:	Date:	Date:	Date:	Date:	Date:	Date:
						
Date:	Date:	Date:	Date:	Date:	Date:	Date:
						

My why is...

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# 30-DAY CHALLENGE

GOAL \_\_\_\_\_

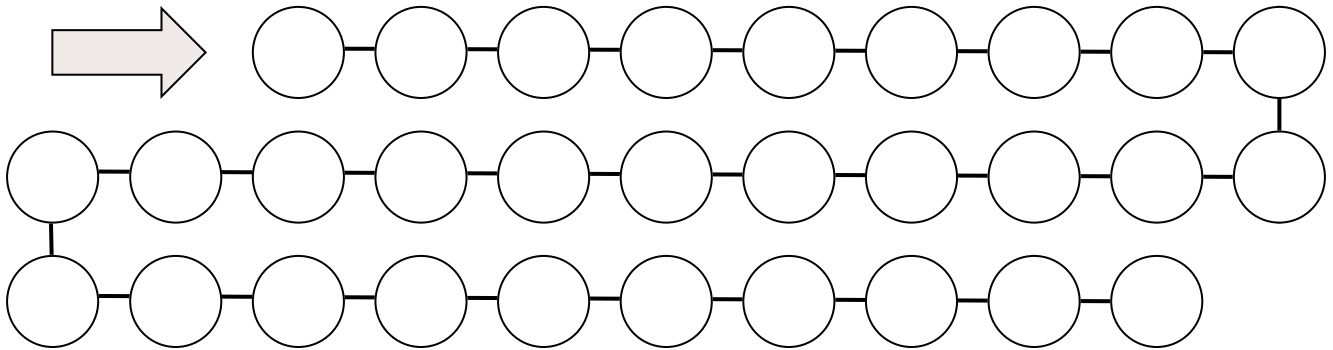
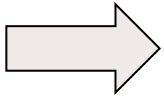
Why is this important for me? \_\_\_\_\_  
\_\_\_\_\_

Target Goal \_\_\_\_\_

Minimum Goal \_\_\_\_\_

Maximum Goal \_\_\_\_\_

*Let's do this!*

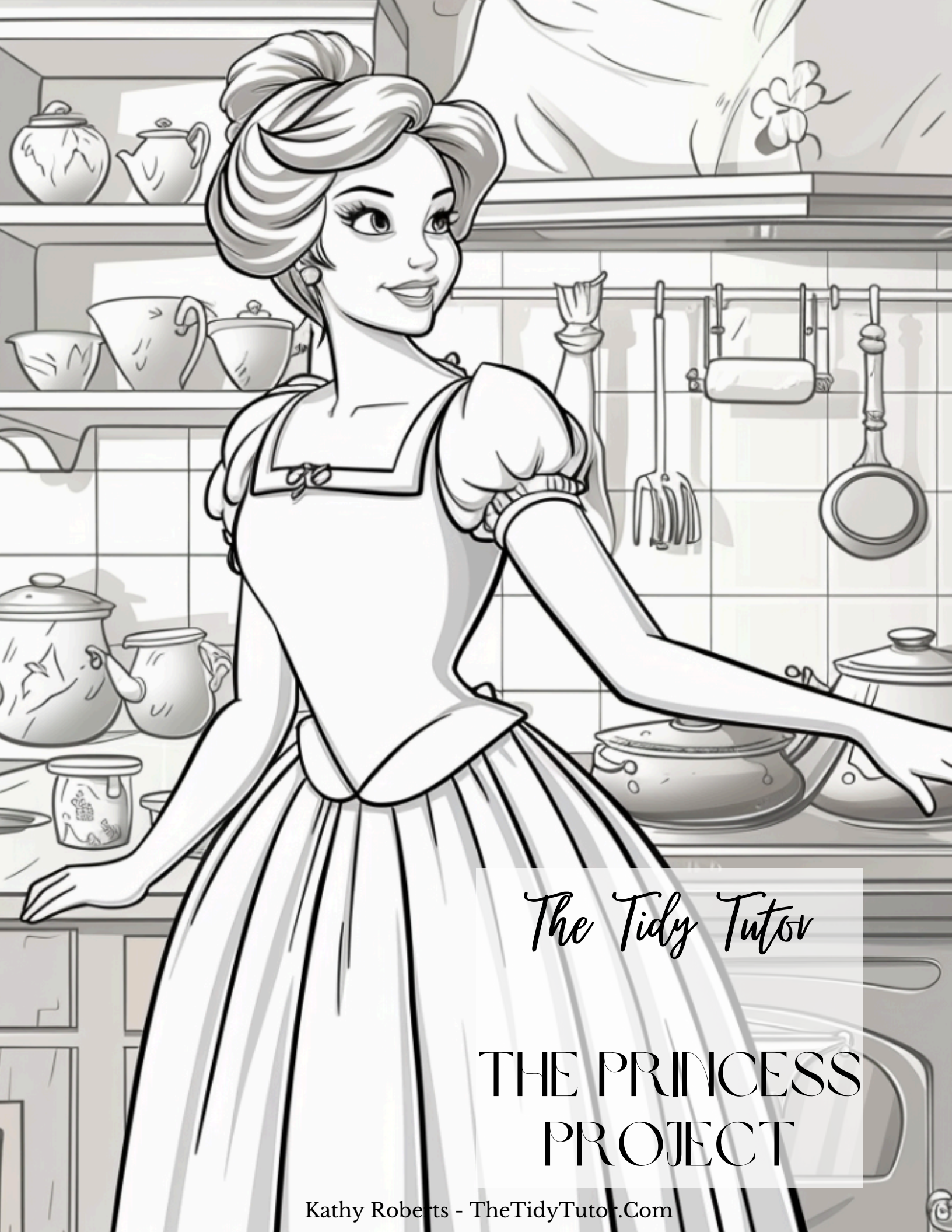


How did it go? \_\_\_\_\_  
\_\_\_\_\_

What did I learn? \_\_\_\_\_  
\_\_\_\_\_

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