

DECLUTTER *First,* MANIFEST FASTER

DECLUTTER FIRST RESET WORKBOOK



A GUIDED WORKBOOK FOR CLARITY,
ALIGNMENT, AND ENVIRONMENTAL
TRANSFORMATION

RESET YOUR
SPACE.
ALIGN YOUR MIND.
CREATE THE LIFE
YOU DESIRE.

CLARITY
INTENTION
ALIGNMENT

I MAKE SPACE
FOR WHAT
MATTERS MOST.



Lori Micenheimer
"THE DECLUTTERING QUEEN"



1. DECLUTTER ASSESSMENT

Take a few moments to honestly assess where you are right now.
This is your starting point.

WHAT AREAS OF MY HOME FEEL MOST OVERWHELMING RIGHT NOW?

HOW DOES THE CLUTTER IN MY SPACE MAKE ME FEEL?

WHAT IS CLUTTER COSTING ME IN MY LIFE?
(Time, peace, money, opportunities, relationships, etc.)

WHAT DO I WANT MY HOME AND LIFE TO FEEL LIKE?



2. MY WHY

WHY AM I CHOOSING TO DECLUTTER AND RESET MY SPACE TODAY?

WHAT IS MY BIGGEST GOAL OR VISION FOR MY LIFE?

HOW WILL MY LIFE IMPROVE WHEN I CREATE SPACE?



3. MY DECLUTTER COMMITMENT

I COMMIT TO MYSELF TO:

I WILL SHOW UP FOR MYSELF BY:

I PROMISE TO RELEASE WHAT NO LONGER SERVES ME SO I CAN
MAKE ROOM FOR:

MY DECLUTTER START DATE: _____

MY DECLUTTER COMPLETION GOAL DATE: _____

MY REWARD FOR COMPLETING MY RESET: _____



4. THE 3 BIN METHOD

Use this simple method for every area you declutter.
Everything in your space belongs in one of these 3 bins.



KEEP

Items you love, use, and add value
to your life.



DONATE / GIVE AWAY

Items in good condition that
can bless someone else.



TRASH / RECYCLE

Items that are broken, expired,
or no longer usable.

NOTES:



5. NERVOUS SYSTEM RESET

Clutter creates stress. Resetting your nervous system helps you reset your life.

WHAT TRIGGERS OVERWHELM FOR ME?

WHAT HELPS ME FEEL CALM AND GROUNDED?

3 WAYS I CAN RESET MY NERVOUS SYSTEM DAILY:

1.

2.

3.

AFFIRMATION:

*I release what no longer serves me, and
I welcome peace, clarity, and alignment.*



6. ROOM-BY-ROOM RESET CHECKLIST

INSTRUCTIONS:

1. List each room or area of your home.
2. Rate the current clutter level from 1-5.
1 = Not cluttered 5 = Extremely cluttered
3. Set your priority.
(H = High M = Medium L = Low)
4. Check the box when the area has been reset.
5. Track your progress and celebrate each win!

You don't have to do it all at once. Take it one space at a time.

ROOM / AREA	CLUTTER LEVEL (1-5)	PRIORITY (H, M, L)	RESET COMPLETE
			☐
			☐
			☐
			☐
			☐
			☐
			☐
			☐
			☐
			☐
			☐



7. BEFORE & AFTER REFLECTION

WHAT SHIFTED FOR ME DURING THIS RESET?

WHAT WAS THE BIGGEST LESSON I LEARNED?

HOW DO I FEEL NOW COMPARED TO WHEN I STARTED?

WHAT AM I MOST PROUD OF?
