

# Clean Slate's Spring Cleaning



Journal 2024

This journal belongs to



## ***New beginnings start in your home and spaces***

**What are five things that I want to achieve this spring?**

**What are some habits I'd like to break this season?**

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**TOP TIP: When thinking about your home consider how you WANT to use each space and build your tasks around that.**

***We're doing more than decluttering a space we're  
decluttering our minds and our souls***

**Where are my priority areas for this season?  
E.g. my kitchen cupboards, my bedroom wardrobes, under stairs cupboard.**

**What are some things I need to help me achieve this?  
E.g. dedicated time to declutter, more storage solutions.**

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**TOP TIP: If you didn't need something all winter long,  
you probably don't need it all year long!**

## ***We're Spring Cleaning to make way for a new way of life***

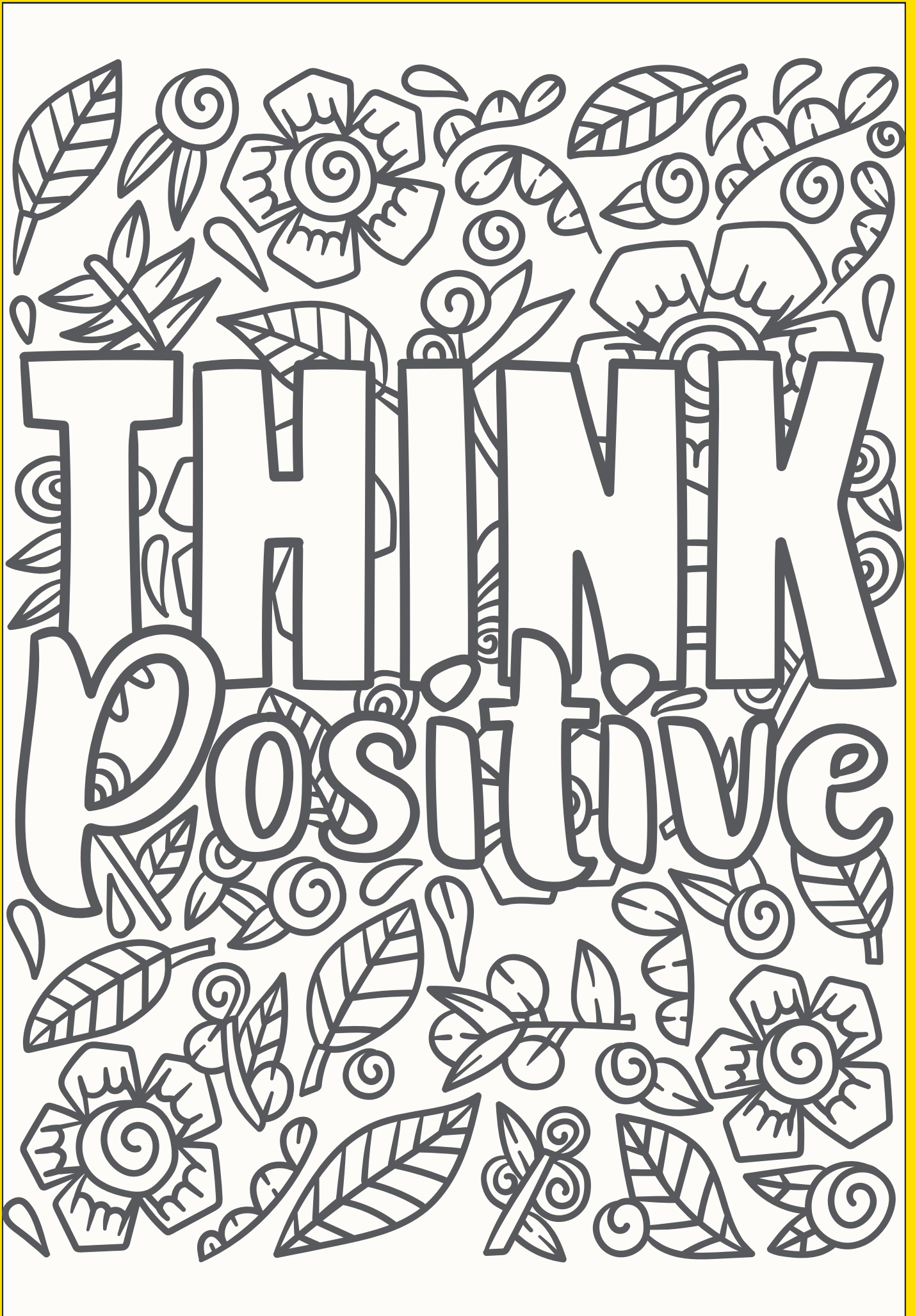
**List areas you are happy with in your homes and spaces.  
E.g. A relaxing spot in your living room, your bathroom where you indulge in self care**

**How will I prioritise my mental health and wellbeing during this process?  
E.g. taking breaks when needed, carving out dedicated reflection time, meeting friends.**

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**TOP TIP: Take your time and make a weekly plan  
of action to tackle small spaces at a time.**





# Notes

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**Now you're ready to ace the coming season and create spaces you can live in, love and enjoy this Spring!**

**Want to work with me on your next organising and decluttering project?**



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