



# The Clutter to Calm Checklist

Clear space, build systems, and create calm

## Step 1: Explore

- Stand in the room and scan the space
- Name 3 items that make you smile
- Name 3 items that make you sigh
- Open one drawer you usually avoid
- Ask, "If this space could speak, what would it ask for?"

## Step 2: Create space

- Remove one item that represents an old version of you
- Clear one flat surface completely
- Gather "undecided" items into one labeled bin
- Leave at least 20% of shelves intentionally empty

## Step 3: Learn clutter patterns

- Notice what type of item piles up fastest
- Identify what decision you're postponing
- Spot one habit that could prevent tomorrow's clutter
- Write one sentence describing what "calm" feels like

## Step 4: Create systems

- Store items where you naturally use them
- Choose containers you enjoy touching
- Label with words that make sense to you
- Test a system for 7 days before expanding

## Step 5: Keep the calm

- Reset one surface each evening
- Spend 5 minutes returning stray items
- Celebrate one improvement each week
- Share the process with someone

## Step 6: Choose with intention

- For each item you keep, ask:
- Does this support who I'm becoming?
- Does it help me explore, learn, or create?
- Does it ease or connect into my life?



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