



# **5 DAY** **DE-STRESS YOUR MESS** **CHALLENGE** **Workbook**



01  
DAY ONE

Monday 



# FUNDAMENTALS AND PAPERS + FILING



FUNDAMENTALS AND PAPERS + FILING

\* What are 3 words that describe where you are right now?

\* I would do anything if I could only feel

\* What is the % of paper and information that will never be used again?

\* How many lies does the average adult tell every day?

\* How much time will the average person waste over their lifetime?

*This is a reminder not to be average!*

\* Clutter is simply

\* My new best friends are

and

\* It will get

before it gets

\* The Organizational Triangle® contains 3 simple, powerful steps for getting AND staying organized:

1.

2.

3.

FUNDAMENTALS AND PAPERS + FILING

\* To GET organized, which two rules do you use?

\* Which rule do you use to STAY organized?

\* The easiest way to think about urgent vs. important is

\* Filing cabinets are like ; that's where documents


\* To slow down mail coming in to my home, I should

 for bills and statements.

\* Before filing, always ask yourself these questions:


**MY KEY TAKEAWAYS**



# Homework



- Find a home for your keys, phone, wallet, bag, and incoming mail.
- If you use your mobile phone in every room, establish a home in each room.
- Then set a timer for 10 minutes and gather up all the loose paper lying around the house and put it in one container to process through.

If you already have your bills separated out to pay, DO NOT add them to the loose paper — you're only looking for things you still need to sort through or file.

- Answer this question: Why is it important to establish a home and not just drop things on the counter or other surfaces?

## TO SHARE YOUR HOMEWORK IN THE COMMUNITY GROUP:

Look for the DAY 1 HOMEWORK channel in the Community Group.

Post your homework in the channel.

Be sure to also include a photo of your new home for your keys!

*You'll see this image on the homework post.*





**DAY TWO**

*Tuesday* 



**CLOTHES + CLOSETS**

DAY TWO  
CLOTHES + CLOSETS

\* My closets stress me out because

\* When it comes to organizing my closets,

\* These are the most common types of closets:

1.
2.
3.
4.
5.
6.

### CLOTHES CLOSETS

The easiest way to organize a clothes closet is to start

such as   
 then  .

### UTILITY CLOSETS

It's easy for this kind of closet to  when I'm not  
 .

### LINEN CLOSETS

Storing  will give me more room and  
make it easier to find everything when it's time to make the beds.



## MY KEY TAKEAWAYS

What do you need to have in order to organize your closets?

1.
2.
3.
4.
5.
6.
7.
8.
9.
10.



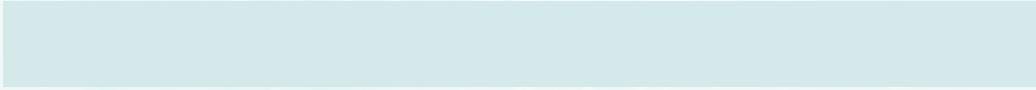
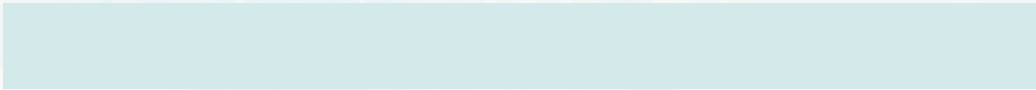


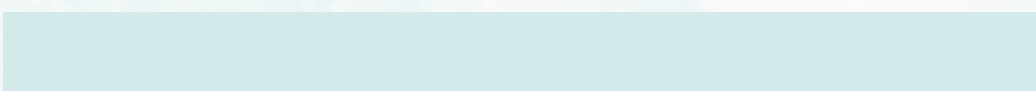
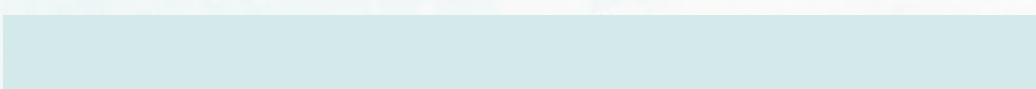
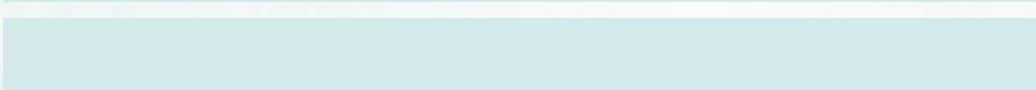
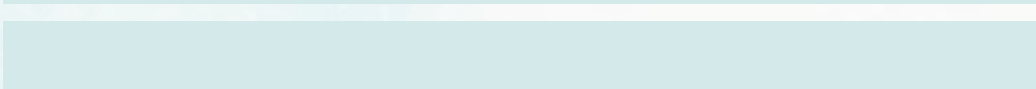
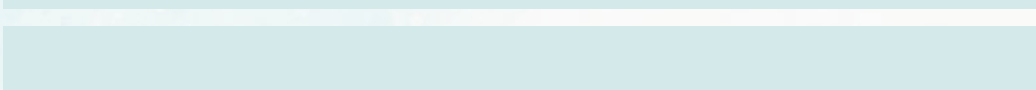
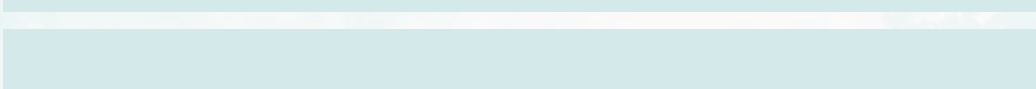
Andrew always says,

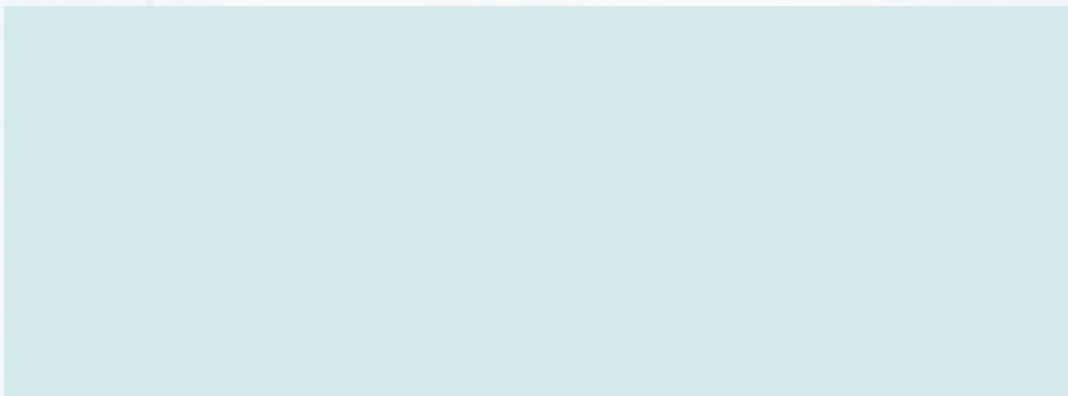



**02**  
**DAY TWO**  
**CLOTHES + CLOSETS**

10 Ways that an Organized Closet will support me in being happier and making my life easier:

1. 
2. 
3. 
4. 
5. 
6. 
7. 
8. 
9. 
10. 

**MY KEY TAKEAWAYS**



DAY TWO  
CLOTHES + CLOSETS

## Homework

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- What TWO actions are you going to take to organize your closets now?
- What's the first thing you're going to do to shift your mindset about your clothes and stuff in general?

### TO SHARE YOUR HOMEWORK IN THE COMMUNITY GROUP:

Look for the DAY 2 HOMEWORK channel in the Community Group.

Post your homework in the channel.

Please include any ***before and after pics*** of your closets.

You'll see this image on the homework post.





**03**  
**DAY THREE**

*Wednesday* 



**KITCHEN + PANTRY**

03  
DAY THREE  
KITCHEN + PANTRY

✦ "Mise en place" literally means

### MY KEY TAKEAWAYS

✦ There are SEVEN fundamental principles for organizing my kitchen:

1.
2.
3.
4.
5.
6.
7.

✦ There are SIX major zones for every kitchen:

1.
2.
3.
4.
5.
6.



03  
DAY THREE  
KITCHEN + PANTRY

*The remaining questions below are essay questions. There are no wrong answers.*

*Set a timer for 5 minutes max and answer the question(s) in your own words.*

- ✦ How do you typically use your kitchen? For example, do you like to cook? Or re-heat already prepared foods? Or assemble things each night from the market? Or just order in?

- ✦ What have you not been able to do in your kitchen because there is clutter on your countertops? It could be food or non-food-related. These are the things I would do if I had the room:

**03**  
**DAY THREE**  
**KITCHEN + PANTRY**



These are the things that are on my countertops that I do NOT use every day:

1.
2.
3.
4.
5.
6.
7.
8.
9.
10.

**MY KEY TAKEAWAYS**



## Homework

These are your tasks for this topic:

- Remove everything from your kitchen countertops that you do not use every day.
- Remove everything from your kitchen that you don't actually use IN the kitchen.
- Create a shopping list for your consistent staples.

There are dishes I make every week and even when I'm muddle-headed, I can pull together something to eat using these ingredients.

So even though things are up in the air and sometimes they are out of what you might ordinarily buy...

- Make the list for NOW and you'll get BONUS points for making the list for when things get a bit more predictable.
- Then save it to your smartphone so you can have it with you when you go to the store
- Share your shopping list with us! What are your go-to, pull-a-rabbit-out-of-your-hat dishes?

✦ Also share what you have not been able to do in your kitchen because there is clutter there. These are the activities I would do if I had the room:

## ANDREW'S STAPLES LIST:

### PANTRY

GLUTEN - FREE PASTA  
ALMONDS  
SUNFLOWER SEEDS  
PEANUT BUTTER  
ORGANIC CORN CHIPS  
VEGAN CHILI and/or REFRIED BEANS  
4 or 5 BEAN SALAD

### DAIRY

SHEEP'S MILK FETA CHEESE  
ALMOND MILK  
PREPARED GUACAMOLE (made in-store)  
VEGAN CHORIZO  
VEGAN CHEESE

### FROZEN

GF BERRY TOASTER WAFFLES (!)  
CAULIFLOWER CRUST  
FROZEN PIZZA  
VEGAN BURGERS  
GF HAMBURGER BUNS  
FROZEN SWEET POTATO FRIES

### FRESH

GRAPEFRUITS  
WATERMELON (in season)  
FRESH GARLIC  
ONIONS  
MUSHROOMS  
OLIVE OIL  
OLIVES  
FRESH TOMATOES  
SEEDLESS CUCUMBER  
SALAD GREENS (of any kind)  
ASPARAGUS  
AVOCADOS  
BANANAS  
RED/YELLOW/ORANGE BELL  
PEPPERS



03  
DAY THREE  
KITCHEN + PANTRY

## Homework



### TO SHARE YOUR HOMEWORK IN THE COMMUNITY GROUP:

Look for the DAY 3 HOMEWORK channel in the Community Group.

Post your homework in the channel.

Please include any ***before and after pics*** of your kitchen!

*You'll see this image on the homework post.*



04  
DAY FOUR

Thursday



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**SENTIMENTAL OBJECTS &  
MANAGING WHAT AND  
WHEN NEW THINGS  
COME IN**



SENTIMENTAL OBJECTS & MANAGING  
WHAT AND WHEN NEW THINGS COME IN

\* It's important to \_\_\_\_\_ but not to  
make objects responsible for \_\_\_\_\_.

**MY KEY TAKEAWAYS**

\* Simply put, the \_\_\_\_\_ was special, not the  
\_\_\_\_\_.

\* Here are 10 kinds of things that are NOT worth keeping:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

**MY KEY TAKEAWAYS**



## DAY FOUR

### SENTIMENTAL OBJECTS & MANAGING WHAT AND WHEN NEW THINGS COME IN

## Homework



Today's homework is to answer these questions:

- How will you go through your things to let go of items that no longer serve you to create more room and space for new experiences and memories to come in?
- What have you been keeping OUT that you always think about but won't let IN until you have more room? *It could be a trip, a hobby or a relationship, etc.*
- What you have been holding onto out of FEAR, that you would love to LET GO OF if you could just change your feelings?
- Review the Sentimental Objects Worksheets and start to fill one out.

### TO SHARE YOUR HOMEWORK IN THE COMMUNITY GROUP:

Look for the DAY 4 HOMEWORK channel in the Community Group.

Post your homework in the channel.

Please include any **photographs** of sentimental objects you are now ready to let go of!

*You'll see this image on the homework post.*



05  
DAY FIVE

*Friday*



.....

**DE-STRESS YOUR MESS  
NOW!**



DE-STRESS YOUR MESS NOW!

## Homework



✚ Most people, including me, have failed to get organized because:

1.

2.

3.

✚ Watching the video and listening to the testimonials from people who have worked with Andrew, what and who do you identify with? Write your answers below.

Like the speakers, I've also:



## Homework

.....

- \* When you think of your happy place around organization, what does that look like for you?

- \* If you could have that, how would it make you feel?

- \* If you DON'T get to have that, how does THAT make you feel?

- \* At the beginning of this Challenge, you declared that you would do anything if you could only feel

### ***ARE YOU READY TO DO WHAT IT TAKES TO GET IT?***

- \* What is one thing you will commit to doing RIGHT NOW so you don't end up back where you started?

# Homework

.....

## TO SHARE YOUR HOMEWORK IN THE COMMUNITY GROUP:

Look for the DAY 5 HOMEWORK channel in the Community Group.

Post your homework in the channel.

Please share ***what you want, what you've learned, AND how far you're willing to go to get everything YOU deserve!***

You'll see this image on the homework post.



## ADDITIONAL TAKEAWAYS, NOTES, & THOUGHTS

A large light blue rectangular area with horizontal white lines for writing. The lines are evenly spaced and extend across the width of the rectangle. The rectangle is positioned below the row of green dots.





**If you feel stuck during this Challenge,  
please reach out to us!**



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