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# ORIENTATION

- I'm leading this orientation to help you
  - Find your way around
  - Find your emails from us
  - Get set up for a great challenge
  - Learn how to get help when you need it
- Andrew leads the challenge sessions

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# ZOOM

**This is a Zoom Webinar.**

- You won't be on camera
- You can see us, we can't see you
- It's the **SAME ZOOM LINK** every day
- SO SAVE THE LINK!!!

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## GETTING YOUR REMINDERS

As soon as you register, a Welcome email goes out.

**SUBJECT: 🚨 [De-Stress Your Mess]  
access - Save this email!**

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## **IF YOU DON'T FIND YOUR EMAIL FROM US IN YOUR INBOX:**

**Check spam, social, promotions, updates,  
trash, junk if you don't find emails from us.**

Once you find it, take the following 2 steps:

- 1. Drag to inbox*
- 2. Reply to it*

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## **ADD OUR EMAIL AS A CONTACT**

***hello@andrewmellen.com***

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# GETTING YOUR REMINDERS

*The BEST way to make sure you get all notifications is to opt-in for text reminders:*

**[go.andrewmellen.com/text](https://go.andrewmellen.com/text)**

*This link is also on the Success Page and in the Community Group*

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**The Success Page is your  
*Home Base***

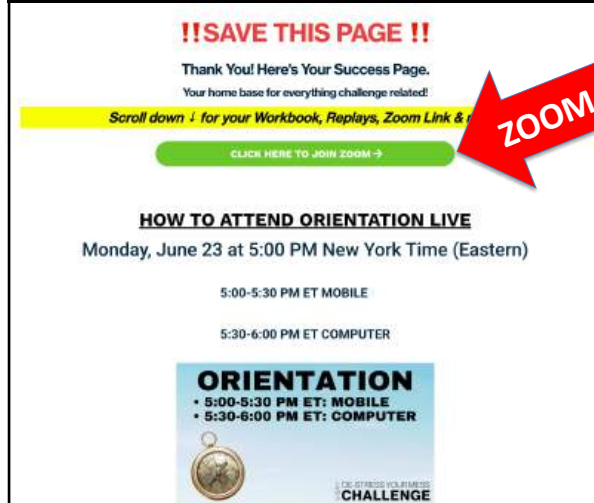
**SAVE THE LINK!**

**[go.andrewmellen.com/dym-success](https://go.andrewmellen.com/dym-success)**

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# SUCCESS PAGE

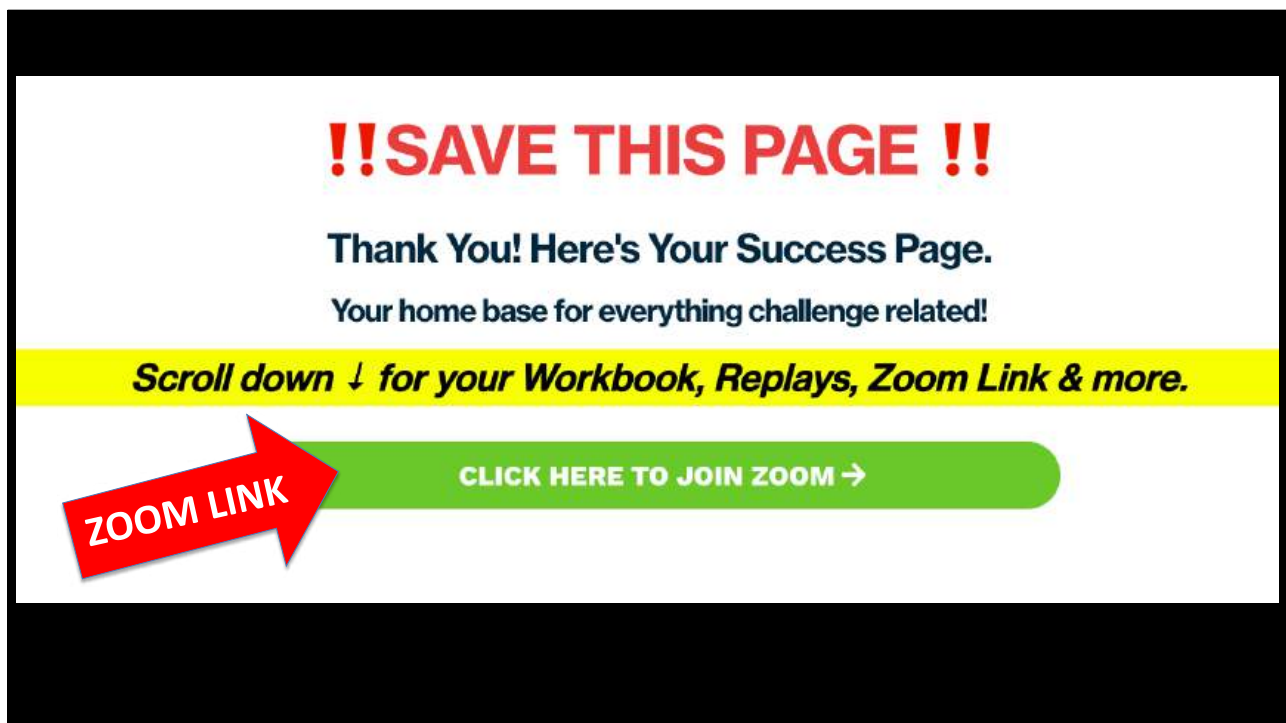
This is the page you go to as soon as you checkout.



ZOOM LINK

- Workbook PDF
- Zoom link
- Text opt-in link
- Community Group link

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ZOOM LINK


CLICK HERE TO JOIN ZOOM →

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**COMPLETE 3 STEPS FOR EPIC SUCCESS**

STEP 1

**DOWNLOAD YOUR *DE-STRESS YOUR MESS* WORKBOOK**



**WORKBOOK**

[DOWNLOAD THE PRINTABLE WORKBOOK](#)

[DOWNLOAD THE FILLABLE WORKBOOK](#)

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**Never miss a notification with text reminders!**

To ensure you always know where and when we are meeting, the best thing to do is opt in for text message reminders.

If you have already registered for text message alerts for one of our past programs, *you can skip this step.*

[CLICK HERE TO OPT IN FOR TEXT REMINDERS →](#)

**TEXT REMINDERS**

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STEP 3

### VISIT THE CHALLENGE COMMUNITY GROUP FOR REPLAYS & BONUSES

The Community Group is where you'll post your homework and find the replays and bonuses.

If this is your *first* class or program with us, you will have to *create* a password for access.

Choose **LOG IN** then **SIGN UP**

If you're returning participant, the button below will give you instant access. You may need to **LOG IN**.

**COMMUNITY GROUP**

[CLICK HERE TO GO TO THE COMMUNITY GROUP →](#)

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# DOWNLOAD WORKBOOK


Workbook is on Success Page

2 OPTIONS:

- Printable
- Fillable

STEP 1

### DOWNLOAD YOUR DE-STRESS YOUR MESS WORKBOOK



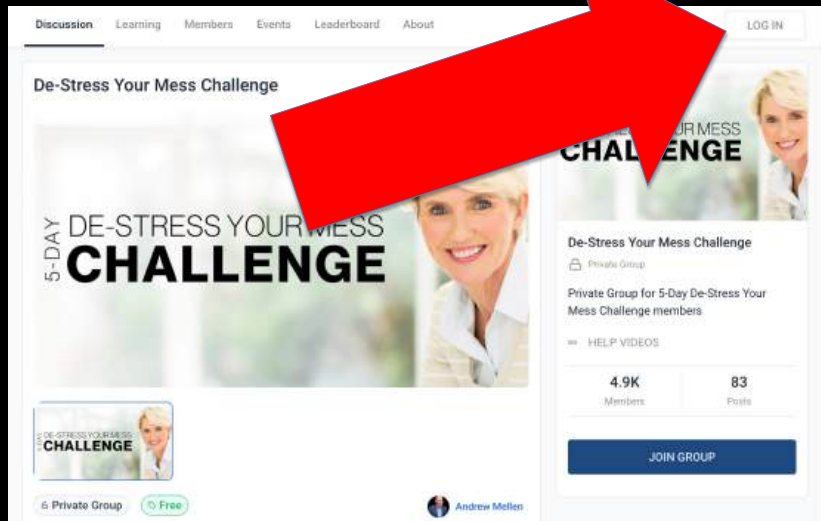
[DOWNLOAD THE PRINTABLE WORKBOOK](#)

[DOWNLOAD THE FILLABLE WORKBOOK](#)

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# COMPUTER VIEW

**LOG IN  
(NOT JOIN)**



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# COMMUNITY GROUP

***\*IF THIS IS YOUR FIRST TIME AT ONE OF OUR COMMUNITY GROUPS, YOU WILL NEED TO SIGN UP AND CREATE A PASSWORD!***

***There is a step-by-step video on the Success Page to walk you through creating a password for the first and finding your way around the Community Group.***

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## **\*\*IMPORTANT NOTE\*\***

*You **MUST** sign into the Community Group using the **SAME email you registered under.***

*If you don't the system won't know you're registered for the challenge.*

*This is the email where you got your receipt.*

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## **FIRST TIME: SIGN UP**

**There are step-by-step videos to walk you through this on the Success Page.**

5-DAY DE-STRESS YOUR MESS CHALLENGE

Continue with Google

Or, sign in with your email

Email

Password

Forgot Password?

Login

Login with secure code

New User? Sign Up

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# PHOTO REQUIRED

**When you create your account, a photo IS required.**

**It does NOT have to be a photo of you, it can be ANY photo, a flower, a pet, ANYTHING.**

**Complete Your Profile**  
Communities feel weird without faces and names. Profiles build trust and spark connection with others.

Upload a SVG, PNG, JPG, JPEG, WEBP, ICO. Recommended Aspect Ratio 1:1

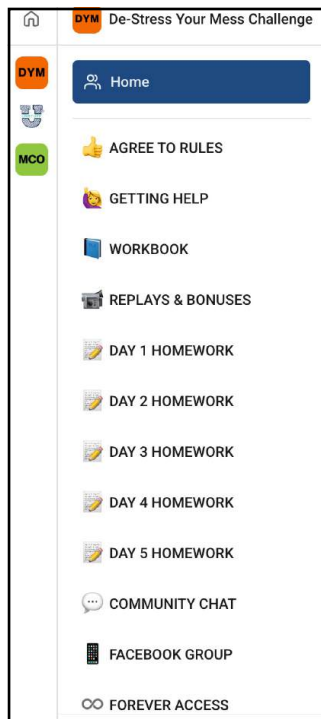
Add a bio... (Optional) 0 / 200

**COMPLETE**


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# COMPUTER VIEW


**You'll see columns on the left with a channel for each topic.**





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 GETTING HELP


 WORKBOOK


 REPLAYS & BONUSES

 DAY 1 HOMEWORK

 DAY 2 HOMEWORK

 DAY 3 HOMEWORK

 DAY 4 HOMEWORK


 DAY 5 HOMEWORK


To post your homework, go into the channel for that days homework.

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# Select “what’s on your mind”

DAY 1 HOMEWORK

 Public channel

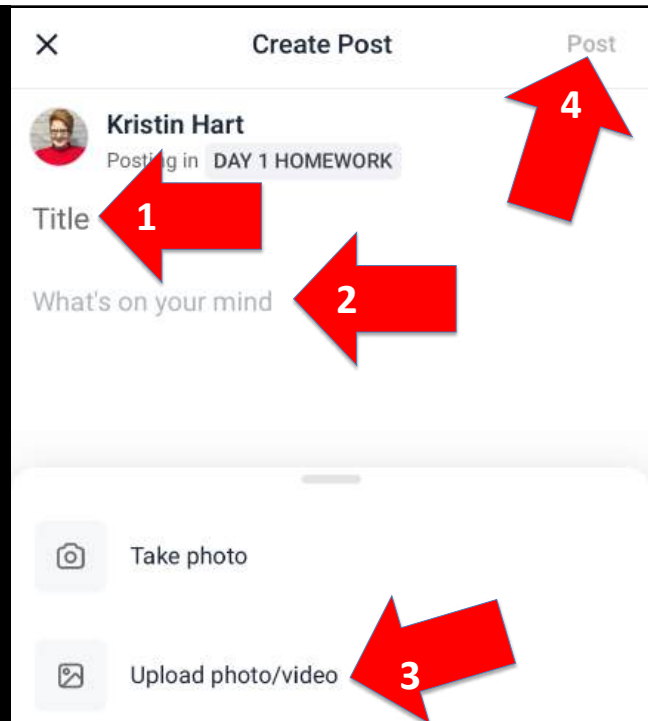
 What's on your mind, Kristin?

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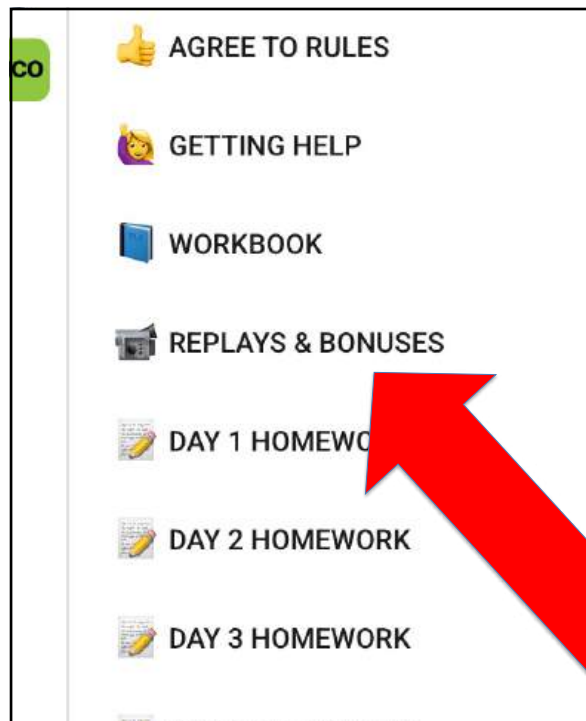
1. Enter a Title.  
2. Type your post.

3. If you want to add photos, select “Upload photos/video” and select the photo(s) from your device.

4. When you’re finished, tap “Post”



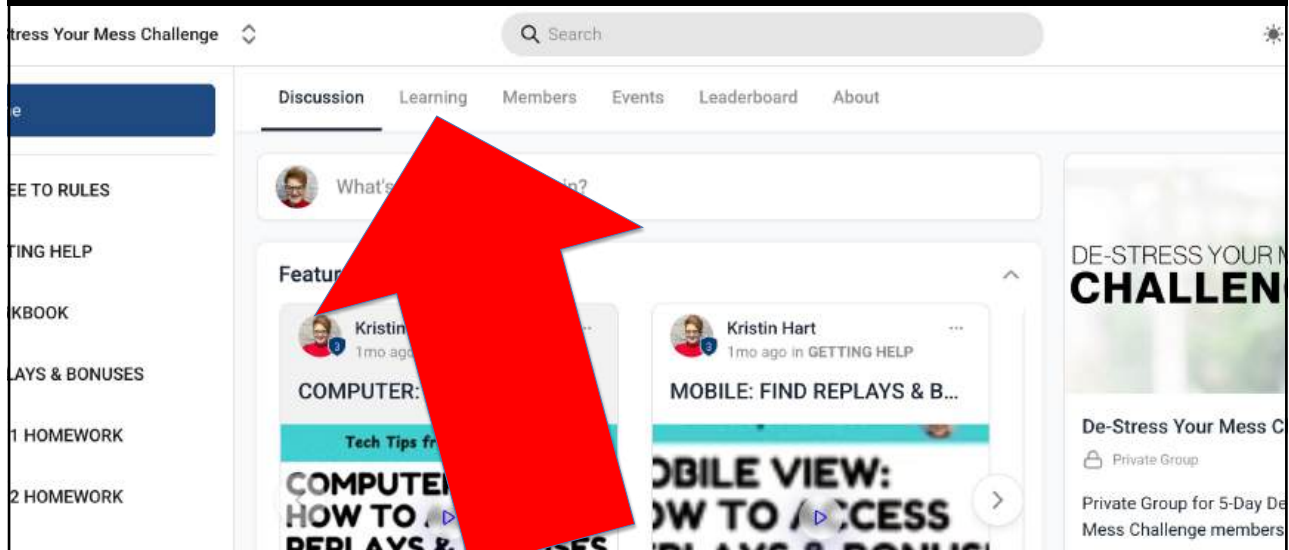
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To view the  
replays and  
bonus  
handouts, go to  
***REPLAY &  
BONUSES or  
LEARNING***

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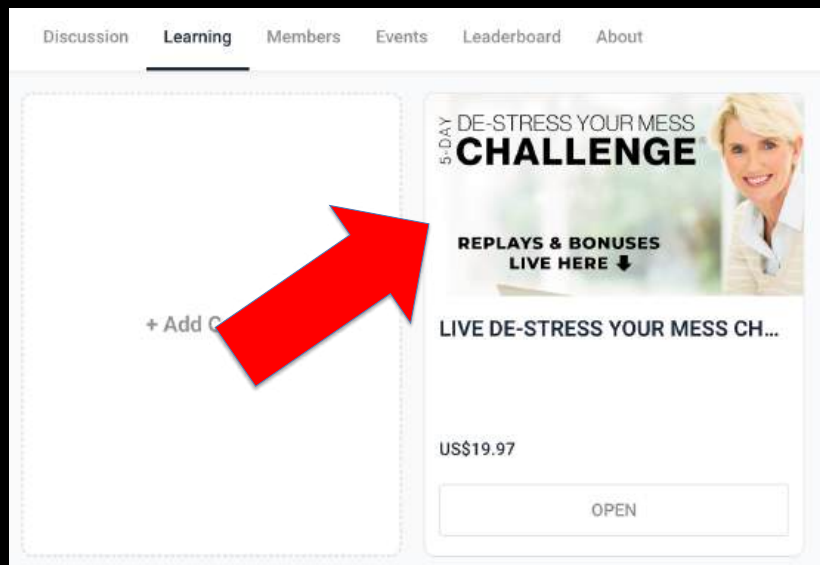
***LEARNING*** is at the top on a computer.



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## COMPUTER VIEW

Select  
De-Stress  
Your Mess  
Challenge  
from the  
courses



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**Replays ONLY  
become available  
after each session  
ends.**

**These will NOT be  
visible now.**

#### REPLAYS, HOMEWORK & BONUSES



ORIENTATION



DAY 1: FUNDAMENTALS, MINDSET & PAPER



DAY 2: CLOTHES & CLOSETS



DAY 3: KITCHEN & MENTAL WELLNESS



DAY 4: SENTIMENTAL OBJECTS



DAY 5: TRANSFORMATION DAY

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FOREVER ACCESS DE-STRESS YOUR MESS CHALLENGE / Categories / REPLAYS, HOMEWORK & BONUSES / DAY 1: FUNDAMENTALS, MINDSET & PAPER

**FUNDAMENTALS  
PAPERS & FILING**

**REPLAY**

ABOUT THIS LESSON

[WIRE SORTING BASKETS ON AMAZON](#)

[CLASSIFICATION FOLDERS ON AMAZON](#)

POST YOUR HOMEWORK IN THE [COMMUNITY GROUP](#) IN THE HOMEWORK DAY 1 CHANNEL.

TO BE ENTERED INTO THE DAILY HOMEWORK DOOR PRIZE, THE PRIOR DAY'S HOMEWORK MUST BE SHARED IN THE HOMEWORK DAY 1 CHANNEL OF THE COMMUNITY GROUP BEFORE 7:00 PM EASTERN.

REPLAYS, HOMEWORK & BONUSES 8 Lessons

1 ORIENTATION

2 DAY 1: FUNDAMENTALS, MINDSET & PAPER

3 DAY 2: CLOTHES & CLOSETS

4 DAY 3: KITCHEN & MENTAL WELLNESS

5 DAY 4: SENTIMENTAL OBJECTS

Files

- DAY 1 HOMEWORK.pdf
- DAY 1 WORKBOOK ANSWERS.pdf
- FILING GUIDE.pdf
- SHOULD IT STAY OR GO.pdf
- CLUTTER WARRIOR AFFIRMATIONS.pdf
- SELLING DONATING GUIDE.pdf

**The replay  
video will be  
at the top  
about 90  
minutes after  
each session  
ends.**

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FOREVER ACCESS DE-STRESS YOUR MESS CHALLENGE / Categories / REPLAYS, HOMEWORK & BONUSES / DAY 1: FUNDAMENTALS, MINDSET & PAPER

THE STRESS YOUR MESS CHALLENGE

FUNDAMENTALS  
PAPERS + FILING

00:00 / 1:09:32

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If there are links, they will be under the video.

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FOREVER ACCESS DE-STRESS YOUR MESS CHALLENGE / Categories / REPLAYS, HOMEWORK & BONUSES / DAY 1: FUNDAMENTALS, MINDSET & PAPER

THE STRESS YOUR MESS CHALLENGE

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- SELLING DONATING GUIDE.pdf

Handouts are on the right.

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# HOW TO GET HELP

## hello@andrewmellen.com

**INCLUDE SCREENSHOTS & AS MUCH DETAIL AS POSSIBLE!**

Don't post questions for support in Community Group and DO NOT send a chat message to us. We do not monitor it.

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## BAD VS GOOD EMAIL EXAMPLES



The link won't work to watch the video.



I'm on the Day 2 replay. When I click the video, it doesn't start playing. I've included a screenshot of the error message I'm seeing.

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## BAD VS GOOD EMAIL EXAMPLES



I can't download the workbook.



Please remind me where to find the workbook. I thought I had saved the link but I can't seem to find it. Thank you.