



Girl Boss Challenge!

The Guide: Week 2

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Mind + Home Connection

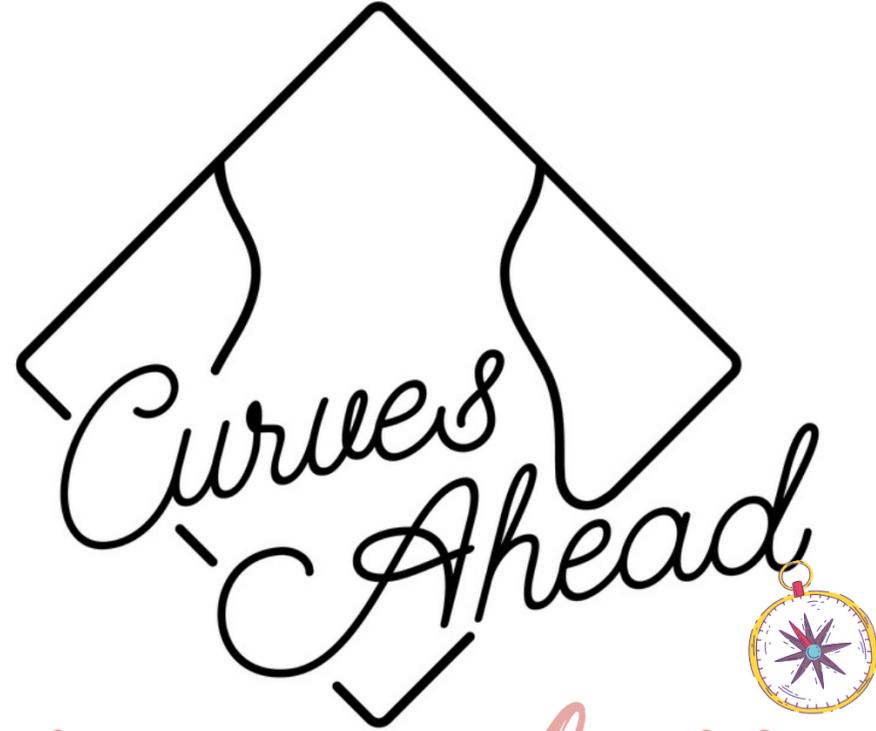
Practicing #selflove takes many forms, that's why during this Cleanse & De-Clutter challenge its important we explore the mind and home connection.

Thinking of our space like our sanctuary already makes it feel like a sacred place that needs to be cherished. Many of us though, look around our house and see all the negative aspects - like the clutter.

On this journey, I want you to start treating your home like your best friend (yeah, she may need a makeover and attitude adjustment - but you love her anyway, right?). After many years of stressing about my cluttered home, I realized that my home is MINE. The act of taking care of it on a daily basis is a form of taking care of my mental and physical health. When the house is a complete mess it's usually a sign to me that I am not taking care of myself in the ways that I need to. It hit me that my home is a reflection of how I am feeling each day and that was a big step.

This week, we are going to take a look at your daily cleaning routines vs. your big de-clutter and organization projects. You'll see that we are going to find ways to work smarter not harder.

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Girl Boss Challenge!

Teachings

"Create the highest grandest vision possible for your life, because you become what you believe."

OPRAH WINFREY



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De-Clutter Goal Setting

Instructions: Take a moment to write down your movement and measurement. Try to make a commitment to move on these goals within the next 2 weeks.

Mission

What can I realistically accomplish in 21 days?

Method

Break it down. What do I think I need to do to accomplish this Mission?

Movement

Pick 4 things you can take action on!!

Measurement

Make a commitment. How and when will you do it? Who will be your accountability?

"Create the highest grandest vision possible for your life, because you become what you believe."

OPRAH WINFREY



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De-Clutter Goal Setting

Melissa's Example

Mission

My mission for the next 21 days is to de-clutter my bedroom closet.

I would like to create more space, organize my clothing, and remove anything that doesn't support my routines or systems.

Method

- Get rid of clothes that don't fit or I don't wear anymore
- Figure out what to do with clothes that are 'like new' that I don't want to throw away
- Move all of the items that need to go into storage
- Get rid of dresser in the closet

Movement

1. Try on clothes; sort to keep, throw away and consign
2. Purchase a mail-in consignment bag to Curvy Girl Boutique
3. Grab a box and put all storage items into the box
4. Empty the dresser and ask boyfriend to help break the dresser down

Measurement

1. 20 mins a day over this next week
2. Already have it! Fill the bag by Friday evening
3. Get a box from storage tomorrow at lunch; start filling! Box goes to storage on Wednesday at lunch time.
4. Empty the dresser by Wednesday so I can ask my boyfriend to help me when he comes back to my house this week

ORGANIZING PROJECT:

WHAT ISN'T WORKING?

Handwritten notes area with horizontal lines.

15 MINUTE ORGANIZING TO DO'S:

Checklist area with 10 empty circles for marking tasks.

SCHEDULE IT!

S	M	T	W	T	F	S

ORGANIZING PROJECT: Master Bedroom

WHAT ISN'T WORKING?

- Clutter on dresser
- Too many clothes in closet
- Dresser drawers are too full
- Chair always has laundry on it
- Not enough hangers
- Not enough storage space

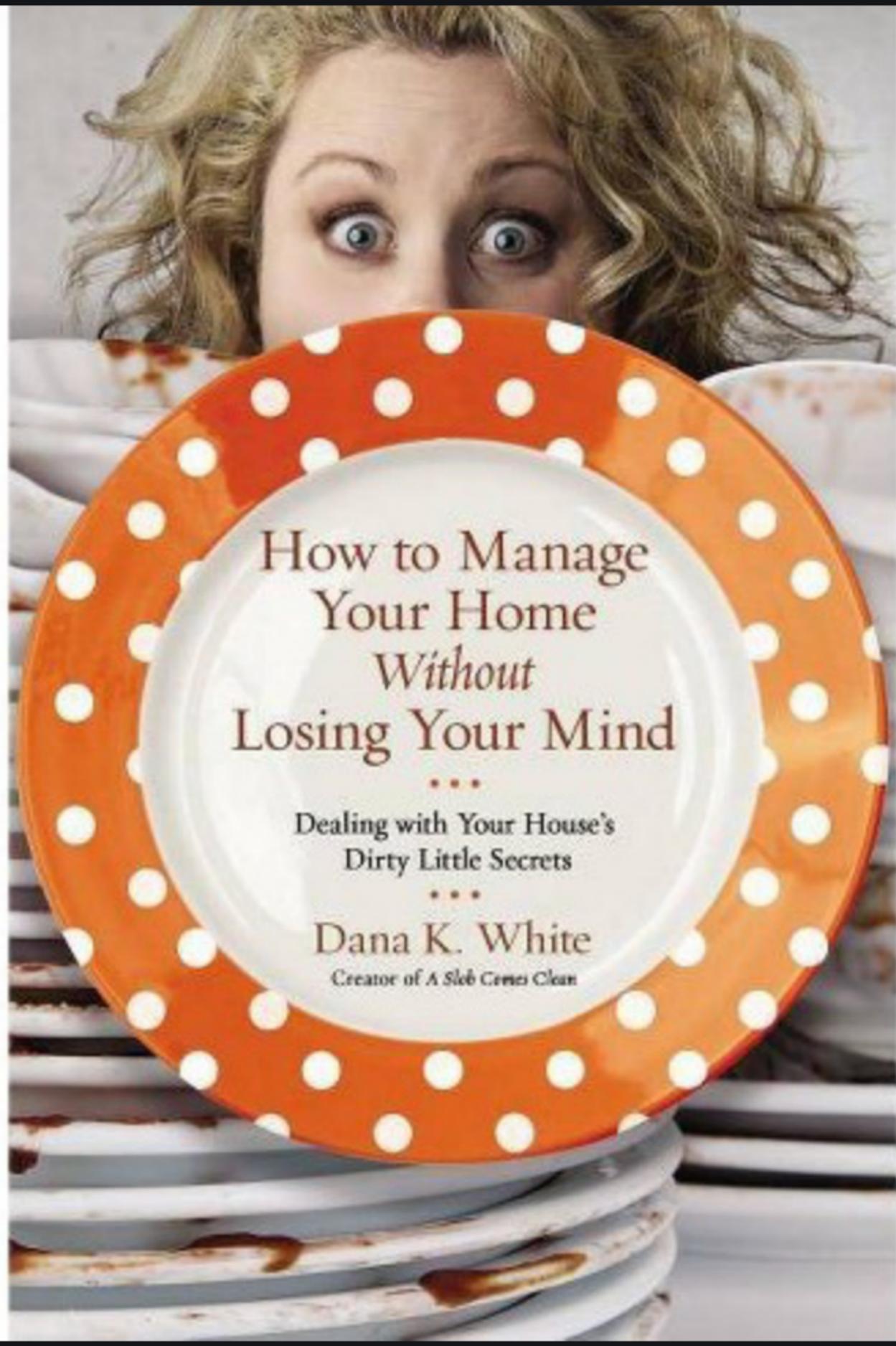
example!

15 MINUTE ORGANIZING TO DO'S:

- Place "catch all" basket on top of dresser
- Purge 21 items from dresser drawers
- Purge of all holey and unpaired socks
- Neatly fold all t-shirts
- Install extra hanging rod in closet
- Purge 21 items from closet
- Install hooks behind the door for "not that dirty" clothing

SCHEDULE IT!

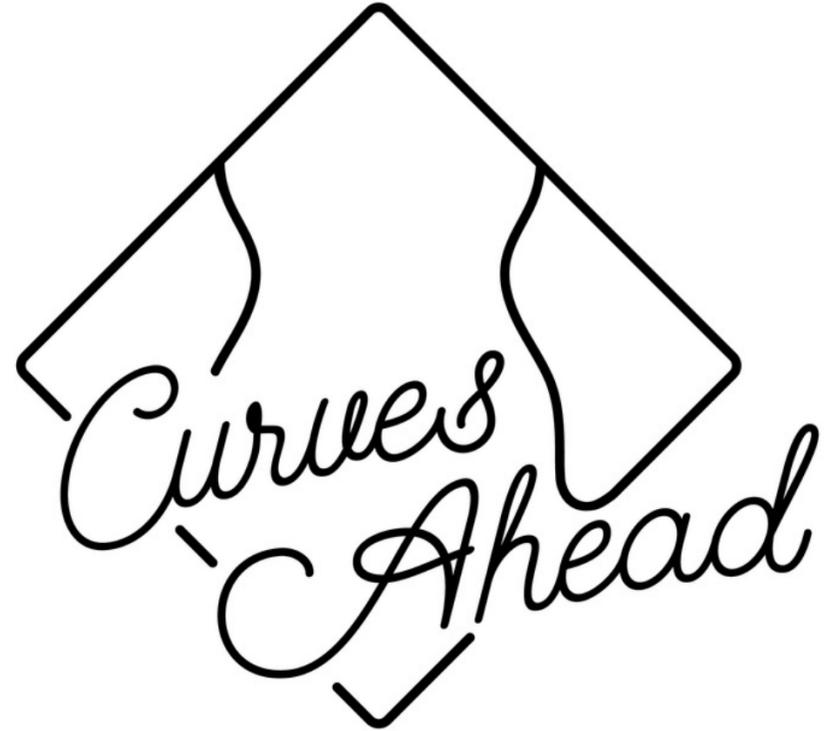
S	M	T	W	T	F	S
Organize Dresser	Install rod and hooks	Purge socks	Fold t-shirts	Purge closet	Buy Basket	Enjoy Clean Room!



Highlights from the Book

1. Do the dishes! When you clean them consistently you will start seeing the ones that you always use.
2. Start de-cluttering your dishes until you only have what fits inside your cabinets.
3. Same goes for laundry - do your laundry! De-clutter the clothes that you don't wear any more.
4. Create one donate spot in your house. This will get you in the mindset of de-cluttering on a regular basis and when you come across random items to get rid of they will have their own 'home.'
5. Ask yourself two questions when decluttering: If I were looking for this item where would I look first? (take it there); If I needed this item, would it ever occur to me that I already have one? (if not, get rid of it because you'll just buy a new one if you needed it.)

I'll be diving more into the teachings from this book on Facebook for discussion but these have been the biggest and most mind-blowing takeaways for me.



Thank you for being a part of the Tribe!

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