



YOUR EMPOWERED HOME
R / D
Home Organizing to
Support Your Goals



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DID YOU SET SOME GOALS, DREAM SOME DREAMS, MAKE RESOLUTIONS, OR JUST SEND SOME GOOD THOUGHTS GOING INTO THE NEW YEAR? GREAT! YOU KNOW I'M ALL ABOUT YOUR HOME BEING A CATALYST TO YOUR ULTIMATE SUCCESS, SO I'M GOING TO SHOW YOU HOW TO CREATE A HOME ENVIRONMENT THAT HELPS SUPPORT YOUR 2023 DREAMS.

I'VE COMPILED A LIST OF GOAL TOPICS + JOURNAL PROMPTS FOR REFLECTION, AND PAIRED THEM WITH A ROOM IN YOUR HOME WHERE YOU CAN TAKE ACTION AND CHANGE YOUR SPACE TO SUPPORT THE GOALS YOU SET.

TAKE A LOOK THROUGH AND PICK THE ONE THAT RELATES TO YOU BEST. I AM ALL ABOUT MORE JOY AND EASE IN THIS NEW YEAR, AND BY MAKING A FEW SIMPLE CHANGES IN YOUR HOME ENVIRONMENT, YOU CAN ADD ANOTHER LAYER OF SUPPORT TO YOUR GOALS AND DREAMS. LET'S DO THIS!

~ Amy



This is me in the process of setting up my new studio - one of my January goals!

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Home Organizing to Support Your Goals

GOAL

Anything Business Related

ROOM

Your Home Office or office space at work if you don't work from home

JOURNAL PROMPT

List three wins from your business from 2022. What three wins do I want to accomplish this month that relate to my 2023 business goal? Put space in your calendar now to make sure those happen.

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Home Office Tips

Start with an environmental edit: What's working well in your office space? What isn't working at all? Does everything in your office have a purpose or did some other items migrate in there over the past year (such as kids items, household stuff that got dumped in the corner of the room, a pile of mail, Christmas presents that still need to be put away, etc).

It's ok if your room needs to do double duty (such as functioning as a home office and as a place where your kids can do homework) The key here is that you want everything in the room to be intentional. If there are different activities in the room, make space/zones for that.

After you evaluate your office, get to work getting rid of the clutter and put away any items that go somewhere else.

Area of focus: your workspace (desk space). Is your computer screen and keyboard clean? How about your desk top (I'm talking about both your computer screen AND the actual top of your physical desk. If you have a cluttered screen, take a few minutes to clean that up and put a pretty background photo on your desktop so it's ready to greet you next time you're ready to work) Take a look at the items you keep on your desk- why are they there? Function, beauty or you just haven't put them away? Pare it down to just the things you use daily, and the items you love looking at such as a photo of your kids, a pretty plant or a candle. If you have a vision board, make it your desktop background or if it's a physical one display it where you can see it. Consider all of your senses and what might help you focus better when you're working. Maybe you need a desk lamp, or it's time to move your desk over closer to the window.

Home Organizing to Support Your Goals

GOAL

Anything Related to Family Life

ROOM

Living Room/Family
Room/Playroom

JOURNAL PROMPT

How can I practice being more
present with those that I love?
What helps me be here in the
present moment?.

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Living Room/Playroom Tips

Start with an environmental edit: Some questions to ask as you evaluate the space, What activities do you want to do together at home? Maybe you need more (or more comfy) seating so you can watch movies as a family, or a game table for board game tournaments, or an art space where it can be okay to get out the messy crafts, perhaps a lego or train table for building? Make a list of activities considering each family member and tweak your room accordingly (this could be a fun one to do with the whole family)

After you evaluate the room, get to work getting rid of the clutter and put away any items that go somewhere else. Zone out your space now according to what activities you want to do there together.

Area of focus: Go back to your family activity list and pick a priority, such as getting a sofa that fits everyone or adding in a game table. If it's a playroom space or combined playroom/living room, focus on toy storage and organizing the room so you have a place for each activity (such as a seating area with TV for movies, shelf with labeled picture bins so the kids can easily clean up after a play session, a corner with a table and mats underneath so you can make crafts).

Home Organizing to Support Your Goals

GOAL

Anything Health Related

ROOM

Kitchen

**JOURNAL
PROMPT**

What choices in my life make me feel the healthiest and most energized, ready to live life at my best? How can I incorporate these choices in my daily life?

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Kitchen Organizing Tips

Environmental edit + Areas of Focus: Kitchens can be one of the most overwhelming rooms when you're talking about decluttering and organizing, so start with quick wins first: your countertops and your fridge. You can always set aside a weekend or take time over a couple months to go cupboard by cupboard or drawer by drawer if you need to (and I recommend it!). But for now, start with organizing what you use and see the most daily, so you stay motivated.

Does everything on your counter NEED to be there? Do you use those items daily? Consider what you could remove, store somewhere else or get rid of so you have clear counters with intentionally functional or beautiful items ready to greet you each morning.

If you have a healthy eating goal, try setting out a pretty bowl with fruit to grab and go. Organize a specific cupboard that holds healthy snacks for the kids. Designate bins or drawers in your fridge where you can easily find veggies and other healthy foods. Make your display items functional ones- put things on the counter that can be practical and beautiful, like cutting boards, pretty canisters that also hold baking supplies, stacks of everyday dishes on open shelving, utensil holders, and cookbooks that support your health goals. The key is to make it easy for yourself to make the healthiest choice by setting up your environment in advance.

Home Organizing to Support Your Goals

GOAL

More Rest / Sleep

ROOM

Bedroom

**JOURNAL
PROMPT**

What would help me set aside time for the rest and rejuvenation I really need? Do I feel like I always have to be productive or working on something, and why? What makes me feel truly relaxed, and how can I incorporate more of that in my life?

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Bedroom Organizing Tips

Environmental Edit: How does your bedroom make you feel when you walk in? If the answer is anything less than calm/relaxed, take a look around at what may be creating those unwanted vibes. Are there clothes laying everywhere? Piles of clutter on your nightstands? Things that just don't belong in your bedroom that need to go somewhere else?

Try to only have bedroom things in your bedroom if possible (move your office desk somewhere else if it's in your bedroom, for example). If space is tight and you have no other option, zone it out thoughtfully- maybe it's creating a corner of the room that's designated for your desk, with some pretty plants and décor that tie in to the rest of your room.

After you evaluate the room, get to work getting rid of the clutter and put away any items that go somewhere else. Sometimes simply putting away the clean laundry that's been in the basket for a few days is all you need to freshen the vibes of your room.

Area of Focus: Your bed! Check on the condition of your bedding/bedsheets/pillows. Do you like the color and how they feel? Consider adding a weighted blanket or heated blanket for extra comfort if that appeals to you. Clear off the nightstands next to your bed, and only keep items out you use (such as a book you're reading, a lamp or a water glass). Reduce visual clutter wherever possible in order to promote a feeling of calm.

Easy win: make your bed daily and start out with a feeling of accomplishment. Don't believe me? Try it for a couple weeks and see how it makes you feel and the tone it sets for your day.

Home Organizing to Support Your Goals

GOAL

To simplify life

ROOM

Closet

JOURNAL PROMPT

What area of life is calling to me to simplify and live with more ease and flow? Where can I delegate or ask for help? What do I need to let go of in order to create space in my day?

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Closet Organizing Tips

Environmental Edit: If your clothes aren't grouped this way already, first group everything by type so you can get a good picture of what you have (all skirts together, pants together, shirts together etc). Then, go through ALL THE THINGS.

Yes, this takes time and that's ok. If you need to do it by section (all shirts one day, all pants another day, etc) that's fine and a great way to break it up without emptying your whole closet in overwhelm. But if emptying it all out at once works for you, make time for that and go for it. It's not a race so pick what works with your life. Now ask yourself, what clothes/shoes/accessories do you really wear and love?

After you evaluate/edit what's in your closet, get to work donating/recycling what's gotta go and organizing what you keep. Some helpful hints: get hangers that all match. I like the slim velvet ones because they are space saving and clothes don't fall off of them! If you use bins or baskets make sure those all match too. This is a simple way to give a designer look to your closet.

Organize by item type, then color. Keep out of season items on a higher closet shelf, or if you're short on space, keep them somewhere else like underbed boxes or in a basement/attic/storage area.

Area of Focus: The Edit. Focus on getting rid of what doesn't work for you BEFORE you organize. If you are still trying to organize stuff you don't actually wear, or are "going to fit into" or wear "someday" this is part of the problem, and you'll be back here again next January. Let's not do that. Honestly evaluate your wardrobe, what fits you/makes you feel amazing NOW. If you really want to hold on to some items, don't put them in your closet. Put them in a bin to re-evaluate in a set amount of time (make a calendar reminder) and at that reminder if you still haven't worn them it's time for them to move on for good.

Now that you're off and running to create a home that supports your goals, feel free to reach out and [send me a DM](#) or [email](#) with your progress. I'd love to see what you're up to!

If you need more help with any of these areas, hit me up and schedule your one on one [design power session](#)!

And gentle reminder, this time of year it's easy to feel like you're behind or not enough- neither of which is true. **You are great just the way you are, so let's get your home up to your level and get after those dreams!**

~ Amy



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