

My Clutter Personality Action Plan

Simple steps to break your clutter habits and
create a home that's easier to maintain.

1 MY CLUTTER PERSONALITY

Today's Date: _____

My clutter personality is:



- ☐ The "I'll Do It Later" Clutterer
- ☐ The "Just in Case" Keeper
- ☐ The Hidden Clutter Collector
- ☐ The Overwhelmed Clutterer
- ☐ The Aspirational Organizer

2 MY BIGGEST CHALLENGE

Complete the sentence.

My clutter usually builds up because...



3 MY FIRST SMALL PROJECT

The area I'll organize first is: _____

It usually takes me:



- ☐ 15 minutes
- ☐ 30 minutes
- ☐ 45 minutes
- ☐ 1 hour

Why I chose this space:

4 MY NEW HABIT

Choose ONE habit to practice this week.



I'LL DO IT
LATER

- ☐ Put away anything that takes less than one minute.
- ☐ Empty my catch-all area every evening.
- ☐ Return my keys to the same place.



JUST IN
CASE

- ☐ Ask the three questions before keeping anything.
- ☐ Fill one donation bag.
- ☐ Remove five duplicate items.

HIDDEN CLUTTER
COLLECTOR

- ☐ Empty one drawer completely.
- ☐ Throw away obvious trash.
- ☐ Return only what belongs.



OVERWHELMED CLUTTERER

- ☐ Set a 15-minute timer.
- ☐ Organize one drawer.
- ☐ Stop when the timer ends.

ASPIRATIONAL ORGANIZER



- ☐ Declutter before shopping.
- ☐ Identify one organizing problem.
- ☐ Wait 48 hours before buying organizers.

5 MY SHOPPING PLAN

Before I buy anything, I'll answer:

What problem am I trying to solve?



Will this organizer make my daily routine easier?

YES ☐ NO ☐

If NO...

I won't buy it.

6 MY SUCCESS GOAL

By next week I want to...



- ☐ Finish one drawer
- ☐ Finish one shelf
- ☐ Fill one donation bag
- ☐ Create one new habit
- ☐ Other _____

7 CELEBRATE

Today I finished:



I'm proud because...

