

A HOW-TO GUIDE

# Home ~ Nest Organization

Decluttering isn't just about stuff — it's about making space for what really matters.



Cheryl Lynn -  
@Lifestyle by designs

# Table of Contents

Introduction	3
Chapter I: The Philosophy of Simple Living	4
Chapter II: The Importance of Decluttering	5
Chapter III: Decluttering Tips and Techniques	6–7
Chapter IV: Sustainable Living	8
Conclusion	9

## INTRODUCTION

# Hello, I'm Cheryl ~ Coach & Organizer

As an enthusiastic advocate of simplified living and decluttering, I have had the privilege of assisting numerous clients in their journey toward a more organized and serene existence. Through my experiences, I have understood the profound impact of embracing minimalism on our mental and emotional well-being. It is my passion to share my knowledge and expertise with others who aspire to adopt a simpler, more fulfilling lifestyle.



I truly believe that a clutter-free home can be a catalyst for positive change, and I'm eager to help others find the peace and contentment that comes with simple living.

*~ Cheryl Lynn*

## CHAPTER I

# The Philosophy of Simple Living

## What is simple living?

Simple living is more than just decluttering a closet or choosing a smaller home—it is a philosophy that invites us to slow down and live with intention. At its heart, simple living is about stripping away the excess, not only in our physical environments but also in our mental, emotional, and spiritual spaces. By doing so, we create room for clarity, peace, and deeper meaning. Instead of measuring life by how much we accumulate, the philosophy of simple living encourages us to measure life by the quality of our experiences, relationships, and inner growth.

In a world driven by consumerism and constant noise, it is easy to confuse busyness with purpose. The philosophy of simple living challenges this mindset by asking us to re-evaluate what truly matters. It suggests that a life filled with possessions, commitments, and endless striving often leaves us empty rather than fulfilled. By consciously choosing simplicity, we begin to notice the richness of small moments: the warmth of a morning cup of tea, the beauty of nature outside our window, or the joy of unhurried conversation with a friend. These are the treasures often hidden beneath the clutter of modern life.

At its foundation, simple living does not mean deprivation—it is not about giving up what we love but about aligning our lives with what we value most. It is a process of questioning: Do I need this? Does this serve me? Does this add to my well-being or distract from it? Through these questions, we begin to curate our lives in a way that supports balance and harmony. Simplicity empowers us to focus our time, energy, and resources on what nurtures us, instead of scattering them on what drains us.

Ultimately, the philosophy of simple living is about freedom. Freedom from the pressure to constantly consume, freedom from the weight of comparison, and freedom from the illusion that more is always better. It opens a doorway to a slower, more mindful existence where we can reconnect with our authentic selves. In this space, we are no longer defined by what we own or how much we do, but by who we are and how we choose to live. This chapter lays the foundation for a journey toward simplicity—not as a trend, but as a way of life that brings depth, peace, and joy.

## CHAPTER II

# The Importance of Decluttering

## The benefits of decluttering

### *Designing Space for the Life You Want*

We all carry clutter—on our countertops, in our closets, and sometimes even deep within our hearts. Decluttering isn't just about tidying up. It's about reclaiming your time, your energy, and your peace. When we remove what no longer serves us, we make space—physically and emotionally—for what truly matters.



## How to get started

### ◆ Step 1: Set Your Goals

- Define your *why*: Less stress? More space?
- Choose a specific area (kitchen drawer, closet, etc.)

### ◆ Step 2: Sort

Use the **Four Box Method**:

- Keep
- Donate
- Trash
- Relocate

### ◆ Step 3: Eliminate

- Be ruthless. If you haven't used it in a year, let it go.
- Ask: *Does this item serve a purpose or bring me joy?*

### ◆ Step 4: Clean

- Wipe down surfaces and vacuum behind furniture before organizing.



## CHAPTER III

# Decluttering Tips and Techniques



7 Techniques to get you motivated:

1. The “One In, One Out” Rule
  - For every new item you bring in, let one go.
2. The 15-Minute Reset
  - Spend 15 minutes tidying up each night to maintain order.
3. The “Sunday Sweep”
  - Weekly deep declutter of hot spots (kitchen counters, desks, etc.)
4. Color Coding
  - Assign colors to categories (e.g., red for bills, blue for medical).
5. Use the “90/90” Rule
  - Haven’t used it in 90 days? Will you use it in the next 90? If not, toss it.
6. Create a Launch Pad
  - Set up a spot near the door for keys, bags, and daily essentials.
7. The Golden Triangle
  - For kitchens and offices: keep frequently used items within arms’ reach.

## CHAPTER III CONTINUED

**You deserve to live in a home that is organised, calm, and inspiring.**

A home that is inspiring and reflective of your personality and values can be a powerful tool for motivation and creativity. It's a space that you can look forward to returning to at the end of a busy day, and that can provide a sense of comfort and safety. By surrounding yourself with objects and decor that bring you joy, you can cultivate a sense of contentment and fulfilment that will support you in all areas of your life.

**You are in control of your space and my belongings.**

When our homes are cluttered and disorganised, it can lead to feelings of stress, anxiety, and overwhelm. It can be difficult to focus on what's truly important when our attention is constantly being pulled in different directions by piles of stuff and unfinished tasks. However, by taking the time to declutter and organise your space, you can create a sense of calm and order that will help you to feel more in control.

**By letting go of what you no longer need, you will make room for new opportunities.**

Letting go of what you no longer need can be a difficult process, but it's an essential step in creating space for new opportunities to come into your life. When we hold onto old belongings that no longer serve us, we create a physical and emotional barrier that prevents us from moving forward. By decluttering and releasing these items, you make room for new ideas, experiences, and opportunities to come into your life.

As you let go of the past, you create a sense of openness and possibility that can help you to move forward with greater ease and clarity. This may involve letting go of old beliefs, habits, or relationships that are no longer serving you, and embracing new ways of thinking and being that align with your values and goals.





## CHAPTER IV

# Sustainable Living

## How to live with less

Living a sustainable lifestyle helps you live with less by encouraging intentional consumption. Instead of buying impulsively, you become more mindful about what you bring into your home and your life. This means choosing quality items that last longer, repairing rather than replacing, and focusing on what truly adds value. Over time, this reduces clutter, waste, and unnecessary spending, creating more breathing room in both your living space and your finances.

Sustainability also shifts your focus toward experiences and connections rather than possessions. When you prioritize reusing, sharing, and borrowing, you naturally accumulate fewer things while still meeting your needs. Simple practices—like reducing plastic use, growing your own food, or repurposing what you already have—create a sense of resourcefulness and creativity. This not only lowers your environmental impact but also allows you to live more lightly, without the weight of excess belongings.

Most importantly, living with less through sustainability brings peace of mind. A decluttered home requires less maintenance, freeing up time and energy for what matters most. You gain clarity and calm when you're not surrounded by excess, and the practice of living within your means creates financial security. By aligning your lifestyle with sustainable values, you discover that "less" often feels like "more"—more space, more freedom, and more meaning in your daily life.





## CONCLUSION

# This is the beginning of something good.

In this ebook, the chapters on *Philosophy of Simple Living*, *Importance of Decluttering*, and *Sustainable Lifestyle* come together to form a unified vision of how to live with clarity, intention, and balance. Simple living reminds us that fulfillment does not come from accumulation, but from aligning our daily choices with our values. Decluttering provides the practical pathway to remove both physical and mental excess, allowing space for calm, productivity, and joy. Together, these practices teach us that less is not a limitation but a foundation for more meaningful experiences.

Sustainability then extends this clarity into a lifestyle that nurtures not just ourselves but also our communities and the environment. By consuming consciously, reusing wisely, and reducing waste, we contribute to a future where abundance is shared and resources are preserved. Embracing simplicity, decluttering, and sustainability is ultimately an act of empowerment—it allows us to design lives that are lighter, freer, and deeply connected to what truly matters.



[www.lifestylebydesignsblog.com](http://www.lifestylebydesignsblog.com)

860-941-8630/organizercoach98@gmail.com