

# 10 DAY

Simplicity Challenge Guide Book

# *Simplicity Challenge*

~ FREELY

Homeschool Support

# 10 DAY

## Simplicity Challenge

~FREELY

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Have a family meeting about simplicity (use the guide)	Choose a room as the focus (see guide notes)	Start the declutter process (see the guide for tips)	Declutter process   Find Rubbish	Declutter process   Items that don't belong
DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
Declutter process   Items that no longer use/need	Group your items into categories that make sense	Plan + purchase storage solutions (see guide notes)	Arrange your items into containers	LABEL your storage containers (see guide)

*Remember you can...*

- Repeat this process for each new space
- Print the affirmation cards below and place them in the space you are focusing on.
- Celebrate each newly simplified space!
- Go slow and steady!
- Use the Guide notes to help you
- Listen to a great audible while you work, I recommend Simplicity Parenting.

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**DAY 1:** A Family Meeting is completely optional but I do recommend involving the entire family in whatever way makes the most sense to you. This is about sharing the vision you have for your simpler, easier home and life, and that simply can not be achieved without them! As soon as they understand that it benefits them AND the rest of the family, they'll be more motivated and open-minded to making some changes.

Feel free to use the family meeting guide provided to see how everyone feels about their spaces, and what kind of environment they like, then you can chat about how best to create it. Make a plan together and stick it on the fridge or a common area as a reminder of what you want to achieve. Choose a reward that everyone can enjoy at the end of the challenge to celebrate. Write it down!

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**DAY 2:** If you are new to the decluttering process, start with a shared room like the living area, kitchen, or homeschool space. This allows everyone to adjust to the process so they can be prepared for what's to come within their own personal spaces (which can feel a little scary to kids). Once everyone sees the transformation and beauty of simpler spaces, they will be motivated and excited to get started on their own.

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**DAY 3:** Decluttering can make a huge mess and that is just not practical for us homeschooling families. That's why I love Dana White's declutter at the speed of life process. You can learn more by reading her book or watching her Youtube [here](#) it's a far easier and simpler way of getting your home simplified without the overwhelm!

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**DAY 8:** Plan and purchase, or find your storage solutions. This does not need to be expensive or stressful, the goal here is to maximize the space you have to store your items in a way that suits your family. If your storage solutions are not working hard for you, it's costing you space and time, both of which most homeschooling families need desperately. So whilst you can make do with storage that might not fit the space properly, I encourage you to seek out the right size container. It really makes a difference! The other important note is to keep in mind that, just like learning styles in homeschooling, everyone has their own organizational style. In a shared space this might not be possible to incorporate but it is good to know each family member's organizational style when approaching their bedrooms and personal storage. It will help with keeping it tidy in the long run. You can find out more info [here](#) and take the quiz [here](#).

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A few tips on storage:

- Clear containers can work well but they can be overwhelming to people with ADHD, opt for white or frosted containers so that the labels stand out more.
- Stackable acrylic or plastic drawers are great for art and craft and even health supplies.

**DAY 10:** Label your storage containers. Labels are easy! There are so many options. For toys and items that aren't as permanent, I use laminated paper and hot glue. These can easily be replaced down the track without damaging the container. For more permanent items and storage that need to be cleaned, I use Cricut permanent labels or order them online.

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## Family Meeting

**1. Choose three focus words that describe what matters most to your home and life.**

Example: freedom, faith & community

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**2. Write five words that describe the environment you want to create for your home and life, what do those days look like? How will you all feel?**

Example: fresh and clean, days full of adventure, low maintenance, relaxed

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**3. Use the above keywords to create some sentences describing the vision you have for your home and life**

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## Our Home and life Vision:

[illegible]



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### Affirmation Cards

#### How To Use Affirmation Cards

- Keep your cards close to where you are working
- Repeat the affirmation that is printed on the card several times

#### Benefits of Using Affirmation Cards

- Motivate you to act on your goals
- Increase your focus and concentration on completing your goals
- Reduces negative thoughts while increasing positive ones
- Improves your self-confidence and self-belief



I am designing  
the life  
I know I deserve

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I am including  
myself  
in my priorities

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By having  
less,  
I am living  
more

© 2023 Learnfreely.app

Our home is  
a sanctuary  
filled only with  
the things  
we love  
& use

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