

# Client Reflection Worksheet

## Pre-Session Decluttering Assessment

### Welcome!

Before we begin our organizing journey together, this worksheet will help you explore your relationship with your belongings. There are no wrong answers — this is simply a chance to reflect on what truly matters to you and prepare your mindset for creating the peaceful, functional space you deserve.

**Instructions:** Take your time with these questions. Write freely, be honest with yourself, and remember that letting go creates space for what you truly value.

---

## Part 1: Core Value Assessment

### Question 1: The Fire Test

**If your house caught fire and you had 30 seconds to grab only a few items (all people and pets are safe), what would you take?**

*What does this tell you about what you truly value?*

---

### Question 2: Memory vs. Object

**What story or feeling does this item represent — and can that memory live in your heart or a photo instead of a physical object?**

*Think of 2-3 items you're struggling to let go of:*

---

### Question 3: Usage Reality Check

**When was the last time you used or enjoyed this item — and what would it feel like to free space for something new?**

*Consider items in storage, closets, or boxes:*

---

## Part 2: Future Vision Questions

### Question 4: The Moving Exercise

**If you were moving into a smaller space tomorrow, what items would earn their place in your new home?**

*List your "must-haves":*

---

### Question 5: Past Self vs. Present Self

**Does keeping this item align with the life you're living today, or a version of yourself from the past?**

*Items that represent "old you":*

---

### Question 6: Your Ideal Environment

**Imagine your ideal home environment — peaceful, inspiring, welcoming. Does this item contribute to that vision or distract from it?**

*Describe your ideal space in 3-5 words:*

---

## Part 3: Emotional Awareness

### Question 7: The Hidden Cost

**What's the cost (in space, energy, or peace of mind) of holding on to things you rarely use?**

*Reflect on how clutter affects your daily life:*

---

### Question 8: Joy Through Sharing

**If someone else could use and appreciate this item right now, would that bring you more joy than keeping it stored away?**

*Items that could benefit others:*

---

### Question 9: Emotional Check-In

**How does this item make you feel when you see it — light and happy, or heavy and conflicted?**

*Rate your feeling (1 = heavy/guilty, 10 = light/joyful):*

| Item Category        | Rating (1-10) |
|----------------------|---------------|
| Clothing             |               |
| Photos/Memorabilia   |               |
| Gifts from others    |               |
| Furniture            |               |
| Books/Media          |               |
| Kitchen items        |               |
| Hobby/Craft supplies |               |

---

### Question 10: Future Self Gratitude

**What would your future self thank you for letting go of today?**

---

## Part 4: Action Commitment

**Based on your reflections, what are 3 categories or areas you're ready to address first?**

- 1.
- 2.
- 3.

**What support do you need from me during this process?**

## Notes & Additional Thoughts

*Use this space for any other reflections, concerns, or goals:*

---

**Thank you for taking the time to complete this reflection! I look forward to working with you to create a home that feels peaceful, functional, and aligned with who you are today.**

*Please return this worksheet before our first session so we can make the most of our time together.*

---

*Client Name:* \_\_\_\_\_

*Date Completed:* \_\_\_\_\_

*Session Date:* \_\_\_\_\_