

# Introduction to The Curated Cupboard Limited:

Step into a world where your life brings out its own magic, where clutter transforms into clarity, and the ordinary becomes extraordinary. I am Rose Elwyn, the proud owner of The Curated Cupboard Limited, a decluttering business that goes beyond tidying up physical spaces. With a touch of magic and a whimsical approach, I am here to help you unlock the power of decluttering for profound mental clarity and a renewed sense of joy.

At The Curated Cupboard, we understand that our external environment is intricately intertwined with our internal well-being. A cluttered space can create a chaotic mind, hindering our ability to focus, find peace, and truly thrive. That's why we embark on a magical journey together, guiding you towards a clutter-free wonderland where mental clarity flourishes.

With my passion for organisation and an unwavering belief in the transformative power of decluttering, I bring a touch of magic to every project. Combining practical strategies with a whimsical touch, we delve into the hidden corners of your space, uncovering treasures and casting away unnecessary burdens. Through thoughtful curation and careful consideration, we create spaces that are not only visually appealing but also serve as sanctuaries for your soul.

But our work doesn't stop at physical decluttering. We delve deeper, exploring the emotional attachments, memories, and beliefs that may be entangled within your belongings. Together, we untangle the threads, release what no longer serves you, and invite in a fresh sense of clarity and possibility.

I believe that everyone deserves a little touch of magic in their lives. That's why The Curated Cupboard embraces a whimsical and enchanting approach to decluttering. From twinkling fairy lights to playful organisation systems, we infuse your space with a sense of wonder and delight. The process becomes an adventure, as we transform the mundane into the extraordinary, unveiling the hidden magic within your home.

So, let's embark on this extraordinary journey together. Let's create a space that reflects your true essence, where you can find solace, inspiration, and mental clarity. Experience the transformative power of decluttering with The Curated Cupboard Limited, and let the magic unfold.

Welcome to a world where clutter retreats, clarity thrives, and your own life's magic reigns supreme.

# About Us Section

Welcome to The Curated Cupboard Limited! We are Rose & Ben Elwyn, the co-founders of this magical endeavour. Our journey began with a shared vision to unlock the hidden magic within the spaces we inhabit. With Rose's unwavering passion for decluttering and fostering mental clarity, and Ben's keen mind for logistics and the strength to handle any heavy lifting, we embarked on a mission to bring the transformative power of decluttering to those seeking a simpler, more meaningful life.

At The Curated Cupboard, we believe that less is more and that the true essence of a space lies in finding exactly what is enough. Our approach goes beyond tidying up physical belongings; it's about creating an environment where the mind can flourish and life's magic can truly shine through.

With a touch of whimsy and a sprinkle of enchantment, we guide you on a journey of decluttering and organizing that transcends the mundane. We understand that each space is unique and holds its own story. Our mission is to uncover the hidden potential of your surroundings, transforming chaos into harmony and clutter into curated brilliance.

But we don't stop at organizing physical spaces. We believe that the act of decluttering has a profound impact on mental well-being. As we declutter external environments, we create room for clarity, inspiration, and a renewed sense of purpose. Our goal is to help you cultivate a decluttered mind, allowing you to embrace the magic of the present moment and create a life that truly aligns with your passions and values.

Whether it's decluttering your home, office, or any other space that calls for a touch of magic, we approach each project with care, empathy, and a deep understanding of the transformative power of organization. Together, we'll create a space that reflects your unique essence, providing a sanctuary where you can thrive, dream, and embark on new adventures.

Join us on this whimsical journey of decluttering and uncovering the magic that lies within. Together, we'll curate a life that is beautifully simple, exactly enough, and filled with limitless possibilities.

## Potential Tag-lines:

- A delicate dance between order and cherished memories, revealing life's magic.
- Embrace the Magic of Decluttering for a Mindfully Curated Life.
- Exactly enough.

## Touches of magic:

- Pick a *Super Goal* and find the *Why*.
  - E.g. Maintain an organised kitchen because I want to enjoy cooking again.
- Pick a mantra/affirmation (*Stick these on a mirror*)
  - I enjoy living in a clear and uncluttered space
  - I deserve to be in a space I love
  - Organising comes naturally to me

## The process from meeting the client to the final product:

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*Consultation:* Every organising project always begins with a consultation. Here we're able to see your space in person, assess it and determine a game plan.

*Project Plan:* Because we believe in everyone being on the same page, we provide you with a project plan which is a roadmap for both the Organizing Consultant(s) on the project and the client to follow.

*Organise:* Once everyone is on track, we begin the organising phase. The first part is the "decluttering" step, which is a must before we move further into the organising project.

*Shopping:* By the time we complete the decluttering step, we've already confirmed what organising products we'll use to complete the project. Once confirmed, we will order all products necessary for completion.

*Put in place:* The Organizing Consultants along with our installation team, depending on the project, will put everything in place and in its home. "A place for everything and everything in its place".

*Final Reveal:* We reveal your newly organised space in the form of a walk-through and show you where everything is located.

Below is Chat GPT's version:

- ***Initial Consultation:*** The process begins with an initial consultation, either in-person or virtually, where we discuss your specific decluttering needs, goals, and

preferences. We assess the areas that require decluttering, take note of any special considerations, and discuss your timeline and budget.

- **Planning and Strategy:** Based on the consultation, we create a customised decluttering plan tailored to your unique requirements. We establish a strategy to tackle the clutter effectively, considering your desired outcomes, available resources, and preferred level of involvement.
- **Sorting and Categorisation:** We begin the decluttering process by sorting items into categories such as keep, donate, sell, or discard. We work collaboratively, guiding you through decision-making processes while ensuring a supportive and non-judgmental environment.
- **Organising and Storage Solutions:** Once the sorting is complete, we focus on organising the items you choose to keep. We help you find practical storage solutions and create systems that maximise space utilisation and accessibility, incorporating any special requirements you may have discussed.
- **Styling and Personalisation:** To add a touch of magic and whimsy, we work together to incorporate personalised and inspiring elements into your decluttered space. This may include arranging cherished items, adding decorative accents, or integrating enchanting touches to create a space that reflects your unique personality and aspirations.
- **Maintenance and Follow-up:** We provide you with practical tips and suggestions for maintaining an organised and clutter-free environment in the long term. Follow-up sessions can be scheduled to assess progress, address any additional needs, and offer ongoing support as you continue your journey towards a decluttered and harmonious space.

Throughout the process, our focus is not only on the physical aspects of decluttering but also on the positive impact it has on your mental well-being and overall quality of life. We strive to create a decluttering experience that is empowering, joyful, and transformative, leaving you with a space that brings you a sense of calm, inspiration, and magic.

## Services we can offer:

- **Pantry**
  - **Est. Time to Organise:**
  - **Websites for research:** [Organised Home](#), [Rescue My Space](#), [Label Spice Jars](#)
  - **Outline what this area of the home is for:**
  - **Outline reasons why it is good to organise this space:** Decant items to avoid infestations, don't store potatoes with onions or garlic as they will go off quicker, easier to get to everything and see what you have.

- **Suggestions for organising yourself:** E.g. first in first out system, glass jars, storing like with like, large enough jar to scoop out with a measuring cup, chalk stickers to write use by date, bins and baskets for packet goods, quarterly check-ups to get rid of expired produce

- **Buying storage:** [Rinkit Trade](#), [Jars and Bottles](#), [Amazon Basics](#)

- **Pantry Intro for website:**

Welcome to the transformative journey of decluttering your pantry, where magic and practicality intertwine to bring you a space that is both inspiring and functional. In this bustling hub of culinary adventures, the act of decluttering holds power to unleash a world of benefits that extend far beyond organised shelves and neatly arranged ingredients.

#### Why Declutter Your Pantry?

Decluttering your pantry is more than just tidying up the shelves. It is a pathway to rediscovering the joy of cooking, promoting mindful consumption, and nourishing your well-being. By embarking on this journey, you open doors to a multitude of benefits:

- 1) **Enhanced Efficiency:** A decluttered pantry allows you to easily find ingredients, spices, and cooking utensils. The streamlined organisation saves you precious time and energy, making meal preparation a breeze.
- 2) **Reduced Stress:** Clutter creates visual and mental chaos, leading to unnecessary stress and anxiety. By decluttering, you create a calm and serene environment that invites a sense of tranquillity and clarity into your culinary sanctuary.
- 3) **Improved Health and Nutrition:** Clearing out expired items and prioritising healthy choices empowers you to create a pantry filled with nourishing ingredients. With a decluttered pantry, you'll be inspired to cook wholesome meals and embrace a balanced approach to eating.
- 4) **Mindful Consumption:** Decluttering your pantry encourages mindful consumption by helping you assess what you truly need and what can be repurposed or donated. It promotes a sustainable lifestyle by reducing waste and promoting conscious choices.
- 5) **Creative Inspiration:** A well-organised and visually appealing pantry sparks creativity in the kitchen. With ingredients and tools at your fingertips, you'll be inspired to explore new recipes, experiment with flavours, and indulge in the joy of culinary exploration.
- 6) **Harmonious Family Dynamics:** A decluttered pantry fosters a sense of togetherness and collaboration within your household. It becomes a space where family members can easily find ingredients, contributes to meal planning, and engage in shared culinary experiences.

Through the magic of decluttering, your pantry transforms from a chaotic space into a realm of order and inventiveness. It becomes a canvas for culinary dreams, a sanctuary for mindful nourishment, and a reflection of your personal taste and aspirations.

- Kitchen

- **Est. Time to Organise:**
- **Websites for research:** [Ideal Home](#), [Living etc](#)
- **Kitchen intro for the website:**

Welcome to the transformative journey of decluttering your kitchen, where practicality and enchantment combine to create a space that nourishes both body and soul. The kitchen is the heart of the home, a place where culinary magic happens, and decluttering holds the key to unlocking its full potential. By embarking on this journey, you invite an array of benefits that extend beyond organised cabinets and tidy countertops.

#### Why Declutter Your Kitchen?

Decluttering your kitchen is an opportunity to rediscover the joy of cooking, promote efficiency, and create a harmonious environment that supports your well-being. Let's explore the reasons why decluttering is so beneficial:

- 1) **Enhanced Functionality:** A decluttered kitchen ensures that everything has a designated place, making it easier to find utensils, ingredients, and tools when you need them. With a well-organised space, you'll be able to move through cooking tasks smoothly, saving time and effort.
- 2) **Reduced Stress and Cluttered Mind:** Cluttered counters and cabinets create visual and mental chaos, adding unnecessary stress to your daily life. By decluttering, you create a serene and tranquil kitchen that promotes a calm state of mind, allowing you to fully enjoy the cooking process.
- 3) **Healthy and Inspired Cooking:** Removing excess items and organising your pantry and refrigerator encourages healthy choices and inspires culinary creativity. With a clutter-free environment, you'll be more motivated to prepare nutritious meals and experiment with new recipes.
- 4) **Streamlined Meal Planning:** Decluttering your kitchen helps you gain clarity on what ingredients you have available, making meal planning and grocery shopping more efficient. By eliminating duplicates and expired items, you'll have a clearer picture of what you need, reducing food waste and saving money.
- 5) **Improved Safety:** A clutter-free kitchen minimises hazards and promotes a safe cooking environment. By removing unnecessary items and ensuring proper storage, you create a space where accidents are less likely to occur, particularly if you have young children or pets.
- 6) **Inviting Social Spaces:** A decluttered kitchen becomes an inviting space for gatherings and shared experiences. With a well-organised and visually appealing environment, you can entertain guests with ease and enjoy the company of loved ones, fostering a sense of togetherness.

By embracing the magic of decluttering, your kitchen becomes a sanctuary of culinary delights and mindful nourishment. It transforms into a place where creativity flows, stress dissipates, and the simple act of cooking becomes a joyful experience.

So, embark on this enchanting journey of decluttering your kitchen, and let the magic unfold. Discover the hidden potential of your space, create a haven for culinary adventures, and cultivate a kitchen that supports your well-being and inspires your inner chef. The transformation awaits!

- Bathroom

- **Est. Time to Organise:**
- **Intro for website:**

Welcome to the journey of decluttering your bathroom, where practicality meets tranquillity, and a touch of magic creates a haven of relaxation. The bathroom is a sanctuary for self-care and rejuvenation, and decluttering holds the power to unlock its full potential. By embarking on this transformative path, you invite a range of benefits that go beyond organised countertops and neatly arranged toiletries.

Why Declutter Your Bathroom?

Decluttering your bathroom brings a sense of calm, promotes cleanliness, and enhances your daily self-care rituals. Let's explore the reasons why decluttering is so beneficial:

- 1) **Serenity and Spa-like Ambiance:** A decluttered bathroom creates a serene and spa-like atmosphere, transforming it into a sanctuary where you can unwind and pamper yourself. By removing excess items and creating a harmonious environment, you'll feel more relaxed and able to fully enjoy your self-care routines.
- 2) **Streamlined Daily Routine:** An organised bathroom saves you time and effort during your daily routine. By decluttering and arranging your toiletries, towels, and grooming tools, you create a functional space where everything is easily accessible, making your morning and evening rituals more efficient.
- 3) **Improved Hygiene:** Cluttered surfaces and disorganised storage can hinder proper cleaning and hygiene practices. By decluttering, you create a clean and sanitised environment, making it easier to maintain cleanliness and preventing the buildup of dirt and grime.
- 4) **Mental Clarity and Stress Relief:** A clutter-free bathroom promotes mental clarity and reduces stress. The serene environment allows you to focus on self-care, free from distractions and visual chaos, helping you to unwind and find moments of tranquillity.
- 5) **Personalised Self-Care Oasis:** Decluttering allows you to curate a bathroom space that reflects your personal style and preferences. By removing unnecessary items and creating a cohesive aesthetic, you can transform your bathroom into a personalised oasis that brings you joy and enhances your self-care rituals.
- 6) **Enhanced Storage Solutions:** Decluttering your bathroom opens up opportunities for creative storage solutions. By optimising your storage space, you can effectively organise toiletries, towels, and other essentials, maximising functionality and reducing clutter.

By embracing the magic of decluttering, your bathroom becomes a tranquil retreat where you can escape the demands of daily life and indulge in self-care. It transforms into a space that nurtures your well-being, promotes cleanliness, and rejuvenates your senses.

So, embark on this transformative journey of decluttering your bathroom, and let the magic unfold. Discover the hidden potential of your space, create a haven for relaxation and self-care, and cultivate a bathroom that reflects your unique style and nourishes your body and soul. The transformation awaits you!

- Closet

- **Est. Time to Organise:**

- **Intro for website:**

Step into the magical realm of decluttering as we embark on a transformative journey through your closet, wardrobes, and drawers. In these spaces, we uncover the power to cultivate a sense of serenity, style, and personal expression. By decluttering and curating your clothing collection, you unlock a world of benefits that go far beyond organized shelves and tidy drawers.

#### Why Declutter Your Closet and Drawers?

Decluttering your closet and drawers is a gateway to discovering your unique style, simplifying your life, and embracing the concept of a capsule wardrobe. Let's explore the reasons why decluttering is so beneficial:

- 1) **A Sense of Calm and Clarity:** A decluttered closet and organized drawers create a sense of calm and clarity as you begin your day. By removing clothing that no longer serves you, you create a space that is visually appealing, streamlined, and easy to navigate. This visual harmony promotes a peaceful mindset and sets the tone for a more focused and confident day.
- 2) **Personal Style and Self-Expression:** Decluttering allows you to curate a wardrobe that reflects your true self and personal style. By eliminating clothes that no longer resonate with you, you make room for garments that make you feel confident and comfortable. This process enables you to express your unique personality through your clothing choices, empowering you to shine authentically.
- 3) **Streamlined Daily Dressing:** An organized closet and drawers make getting dressed a breeze. By decluttering, categorizing, and arranging your clothing strategically, you create a functional space where you can easily see and access your favourite pieces. This streamlines your daily routine, saves time, and eliminates the frustration of searching for the perfect outfit.
- 4) **Embracing the Capsule Wardrobe Concept:** Decluttering your closet opens the door to embracing the concept of a capsule wardrobe. A capsule wardrobe consists of a curated collection of essential, versatile pieces that can be mixed and matched to create a wide range of outfits. This approach promotes mindful consumption, reduces decision fatigue, and encourages sustainable fashion choices.
- 5) **Efficient Use of Space:** Decluttering allows you to maximize the space within your closet and drawers. By removing items that no longer serve you, you create room for proper organization, efficient storage solutions, and easy accessibility. This ensures that each item has its designated place, reducing clutter and promoting orderliness.
- 6) **Mindful Consumption and Sustainability:** Decluttering prompts a reflection on your shopping habits and encourages mindful consumption. By assessing what you truly need and love, you can make more intentional and sustainable fashion choices. This shift not only benefits the environment but also promotes a more conscious and fulfilling relationship with your clothing.

By embracing the magic of decluttering, your closet and drawers transform into spaces of inspiration and confidence. It's a journey that cultivates a sense of calm, reveals your personal style, and empowers you to curate a wardrobe that brings you joy and self-assurance.

So, embark on this transformative journey of decluttering your closet, wardrobes, and drawers, and let the magic unfold. Discover the hidden gems within your collection, create a capsule wardrobe that reflects your authentic self, and embrace the art of mindful dressing. The transformation awaits, where simplicity meets style and self-expression blossoms.



- **Laundry Room**

- **Est. Time to Organise:**
- **Intro for the website:**

Step into the world of enchantment as we embark on a journey through the magical realm of decluttering your laundry room. This often overlooked space holds the key to efficiency, organization, and a seamless laundry routine. By decluttering and transforming your laundry room, you unlock a realm of benefits that go beyond clean clothes and fresh linens.

#### Why Declutter Your Laundry Room?

Decluttering your laundry room is a pathway to creating a functional and serene space that streamlines your laundry process and adds a touch of magic to your everyday chores. Let's explore the reasons why decluttering is so beneficial:

- 1) **Improved Efficiency:** A decluttered laundry room sets the stage for a more efficient laundry routine. By removing unnecessary items, organizing supplies, and optimizing storage, you create a space where everything has its designated place. This streamlines the process, making it easier to sort, wash, dry, and fold your laundry with ease.
- 2) **Time-Saving and Simplified Tasks:** With a decluttered laundry room, you reclaim valuable time by eliminating the need to search for supplies or manoeuvre around cluttered surfaces. A well-organized space allows you to quickly access detergent, dryer sheets, and other essentials, making each laundry task a breeze. This frees up time for more enjoyable activities.
- 3) **Enhanced Functionality:** Decluttering your laundry room enables you to optimize the functionality of the space. By evaluating your storage needs, you can introduce practical solutions such as shelves, baskets, or hanging racks to keep supplies, clean clothes, and linens within easy reach. This ensures a smooth workflow and promotes a tidy and inviting atmosphere.
- 4) **A Tranquil Atmosphere:** A decluttered and organized laundry room can provide a sense of calm and tranquillity. When the space is free from excess items and clutter, it becomes a peaceful retreat where you can focus on the task at hand without unnecessary distractions. This serene environment can transform a mundane chore into a more enjoyable experience.
- 5) **Mindful and Eco-Friendly Practices:** Decluttering prompts you to reassess your laundry habits and adopt more mindful and eco-friendly practices. By streamlining your laundry supplies and finding eco-friendly alternatives, you can reduce waste, save energy, and contribute to a more sustainable lifestyle.
- 6) **Positive Mindset and Emotional Well-being:** A decluttered laundry room not only brings physical benefits but also positively impacts your mental well-being. A tidy and organized space promotes a sense of accomplishment, reduces stress, and cultivates a positive mindset. As you go about your laundry tasks, you can experience a greater sense of calm and satisfaction.

By embracing the magic of decluttering, your laundry room becomes a haven of efficiency and tranquillity. It's a journey that transforms a chore into a satisfying ritual, saving you time, energy, and stress.

So, embark on this enchanting journey of decluttering your laundry room, and let the magic unfold. Discover the hidden potential of this space, create a functional oasis that makes laundry a breeze, and infuse your laundry routine with a touch of joy and serenity. The transformation awaits, where laundry becomes an act of self-care and everyday magic.

- **Bedroom**
  - **Est. Time to Organise:**
- **Garage/Storage Areas**
  - **Est. Time to Organise:**
- **Play Room/Nursery/Children's Bedrooms**
  - **Est. Time to Organise:**
  - **Intro for the website:**

Welcome to the enchanting world of decluttering children's spaces, where imagination thrives and magic takes shape. Decluttering a nursery, playroom, and children's bedrooms holds the key to creating harmonious environments that nurture growth, inspire creativity, and bring joy to your little ones. By embarking on this transformative journey, you unlock a myriad of benefits that extend beyond organized spaces and tidy shelves.

#### Why Declutter Children's Spaces?

Decluttering children's spaces is not just about tidying up; it's about fostering an environment that supports your child's development and well-being. Let's explore the reasons why decluttering is so beneficial:

- 1) **Promoting Calm and Focus:** A decluttered nursery, playroom, and children's bedroom create a calm and focused atmosphere where your child can play, learn, and rest. By removing excess toys, clothes, and clutter, you provide them with a serene space that encourages concentration, imagination, and peaceful sleep.
- 2) **Encouraging Creativity and Exploration:** Decluttering allows you to organize toys and materials in a way that stimulates your child's creativity and encourages independent play. By creating designated play areas and rotating toys, you spark their curiosity and inspire imaginative adventures.
- 3) **Streamlining Daily Routines:** An organized nursery and children's bedrooms make daily routines smoother for both children and parents. By decluttering and arranging clothes, books, and personal items, you create a functional space where finding and putting away belongings becomes effortless.
- 4) **Safety and Peace of Mind:** Decluttering children's spaces helps to create a safe environment, minimizing hazards and reducing the risk of accidents. By removing broken or age-inappropriate toys and ensuring proper storage for small items, you provide peace of mind and secure space for your child to explore.
- 5) **Teaching Organization Skills:** Decluttering provides an opportunity to involve your child in the process, teaching them valuable organization skills from an early age. By involving them in decisions about what to keep, donate, or discard, you instill a sense of responsibility and create lifelong habits of tidiness.
- 6) **Embracing Growth and Change:** Children grow quickly, and their needs and interests evolve along the way. Decluttering allows you to adapt their spaces to accommodate their changing

preferences and developmental stages. By decluttering regularly, you create a dynamic environment that grows with your child.

By embracing the magic of decluttering, you transform your child's spaces into enchanting realms of exploration, learning, and joy. It's a journey that supports their growth, sparks their imagination, and creates a nurturing sanctuary they can call their own.

So, embark on this transformative journey of decluttering your nursery, playroom, and children's bedrooms, and let the magic unfold. Discover the hidden potential of their spaces, create havens of creativity and inspiration, and cultivate environments that reflect your child's unique personality. The transformation awaits, where dreams come alive and imaginations soar!

- Home Office
  - **Est. Time to Organise:**
- Craft Room
  - **Est. Time to Organise:**
- Moving Support
  - **Est. Time to Organise:**
- Business
  - **Est. Time to Organise:**

## Our Services:

- **Your Curated Experience:** We will guide you through the journey of reclaiming your space, where every step is infused with whimsy, inspiration, and practicality. From the initial consultation to the final touches, we work collaboratively, keeping your vision and preferences at the forefront.
- The Curated Cupboard offers a range of services designed to create harmonious and magical environments:
- **Decluttering and Organization:** We meticulously declutter and organise every corner of your space, creating a harmonious flow and restoring balance.
- **Space Planning:** We utilise our expertise to maximise the potential of your space, ensuring functionality and efficiency while retaining the enchanting atmosphere.
- **Mindful Design:** We bring enchantment to your surroundings by incorporating elements of beauty, personal significance, and sentimental treasures into the overall design.
- **Coaching and Support:** We provide ongoing guidance, coaching, and practical tips to help you maintain a clutter-free and enchanting space long after our work is done.

# Website Quiz: "Discover Your Curated Decluttering Blueprint,"

## *Introduction:*

Welcome to the realm of decluttering! You've reached the first step in reclaiming your space and getting organised. Our quiz will guide you on a practical yet magical journey to determine what hidden cubby holes, bed chambers or quarters need attention, the amount of clutter you need banishing, how involved you would like to be in your decluttering journey, cleaning expectations, and more. Let's infuse joy and magic into the process while ensuring clarity and understanding.

- **Question 1:** Which areas of your home are in need of decluttering? (Select all that apply)

- a) Living room
- b) Kitchen
- c) Bedroom
- d) Bathroom
- e) Home office/study
- f) Closet/wardrobe
- g) Garage/storage area
- h) Children's playroom/bedroom
- i) Outdoor spaces (patio, garden, etc.)
- j) Other (please specify)

This question allows users to select multiple options based on the areas in their home that require decluttering. It covers various rooms and spaces to capture a comprehensive understanding of their specific needs. Users can choose as many options as applicable to their situation, ensuring a tailored approach to their decluttering journey.

- **Question 2:** How would you describe the level of clutter in the spaces that need attention? (Select one option per space)

- a) Minimal: The space is relatively clutter-free with only a few items that need organising.
- b) Moderate: There is a noticeable amount of clutter, but it can still be manageable with proper organisation.
- c) Significant: The space is filled with clutter, and it requires significant effort to restore order and functionality.
- d) Overwhelming: The clutter has taken over, making it difficult to navigate or use the space effectively.

For each space that requires attention, please select the appropriate option to indicate the level of clutter. This will help us better understand the extent of the decluttering needed and provide tailored recommendations for your specific situation.

- **Question 3:** Do you have any special requirements for the decluttering process? (Select all that apply)

- a) Baby-proofing: I need assistance in creating a safe and child-friendly environment for my little ones.
- b) Pet-proofing: I require guidance on organising and decluttering while considering the needs of my pets.
- c) Accessibility: I need help organising spaces to ensure accessibility for individuals with mobility challenges or disabilities.
- d) Seniors' needs: I require support in decluttering and organising spaces for ageing family members.

- e) Allergy considerations: I need assistance in decluttering while considering allergy triggers and creating an allergen-free environment.
- f) None: I do not have any specific baby-proofing or special requirements for the decluttering process.

Select the options that apply to your situation to help us better understand any additional considerations or special requirements that may influence the decluttering process. This information will allow us to provide tailored recommendations and ensure the organisation and safety of your spaces.

- **Question 4:** How do you feel about the process of decluttering and organisation? (Select one option)

- a) Excited: I am eager to declutter and organise my spaces for a fresh start and improved functionality.
- b) Overwhelmed: I feel overwhelmed by the thought of decluttering and organising, unsure where to begin.
- c) Relieved: I believe that decluttering and organisation will bring a sense of relief and clarity to my life.
- d) Anxious: I feel anxious about letting go of possessions and making decisions during the decluttering process.
- e) Motivated: I am highly motivated to create a clutter-free environment and streamline my belongings.
- f) Indifferent: I don't have strong feelings about decluttering and organisation.

Please select the option that best represents your current feelings toward decluttering and organisation. Understanding your emotions surrounding the process will help us provide the right level of support, guidance, and encouragement to ensure a positive and effective decluttering experience.

- **Question 5:** How involved would you like to be in the decluttering process?

- a) Fully immersed: I want to actively participate in the decluttering process, making decisions alongside the decluttering expert.
- b) Collaborative: I would like to provide input and work together with the decluttering expert during the process.
- c) Partially involved: I prefer to have some involvement, but I won't be able to be present throughout the entire process.
- d) Hands-off: I trust the decluttering expert to handle the process independently, with minimal input from me.
- e) Guided: I prefer to be guided by the decluttering expert, receiving clear instructions and recommendations for the decluttering journey.
- f) Flexible: I am open to different levels of involvement, depending on the specific situation and tasks at hand.

Choose the option that best reflects how you would like to be involved in the decluttering process. Your preference will help us understand your desired level of participation and tailor our approach to meet your needs effectively.

- **Question 6:** Do you currently have any organisation processes in place?

- a) Yes, I have established organisation processes that I follow consistently.
- b) Somewhat, I have some organisation systems in place, but they could benefit from improvement.

- c) No, I do not have any specific organisation processes in place and would like guidance in establishing effective systems.
- d) I have attempted organisation in the past, but it has been challenging to maintain consistency.
- e) I have some organisation methods, but I am open to learning new strategies and refining my current processes.
- f) I prefer a more flexible and adaptive approach to organisation rather than strict processes.

Choose the option that best describes your current organisation processes. This will help us understand your starting point and provide tailored recommendations and support to enhance your organisation journey.