

WEEK 1

WEEK 2

WEEK 3

WEEK 4

The Bedroom

Clear the clutter in your bedroom and we promise you'll sleep better!

Remember Focus Points

- Ask Yourself 4 Questions
- Perform Power Purge
- Re-think the Space
- Contain

NOTES

Where to Start

- Make your bed every day
- Clear off and declutter the dresser
- Consider drawer dividers
- Clean under bed and utilize storage space
- Clear your nightstand and make it functional
- Consider extra baskets for storage
- Ensure ample lighting
- Add wall/door hooks

BUZZ Tips

- Drawer dividers are great to keep smaller items organized
- Line drawers that contain delicate items like undergarments, swim suits, etc.
- Utilize jewelry organizers to separate & store your jewelry
- Simplify decor, be selective and intentional, and have lots of clear surfaces
- Consider beautifying space (art, mirror, plant, candle, throw, etc.)