

Reducing Lockdown Mess Stress – Course Sheet

Thank you for attending the Lockdown Mess Stress free course. The notes below provide you with a framework for implementing this into your Lockdown Life.

1. Eliminate the lockdown Mess Makers

Using the Three Steps to Serenity below...

<p>1 End Home it</p>	<p>2 Use it then always...</p>	<p>3 Use-in-one-move it back..!</p>
<p>Find a suitable HOLDER</p> <p>Place for Holder to live when not in use</p>	<p>Do your lockdown thing. Get messy! Do what you need to do</p>	<p>Put the stuff back in the holder. in-one-move-it back to its End Home.</p>

Identify and eliminate your mess makers.

Top Lockdown Mess Maker	Space Divider / Holder	End Home
Web of Wires		
Truckload of Toys		
Home School		
Laptop / WFH stuff		
Shoes		
Coats		

...relax and enjoy some peace in your tidy home with minimal effort

2. Attack your daily use areas

Click on [Instagram](#) highlight for Realworld inspiration

3. **Hashtag and share!** #ivebeenserenelysorted #lockdownmessstress

Thank you for joining!

Please follow Serenely Sorted for more ideas: [Instagram](#) [Facebook](#) [website](#) and recommend Serenely Sorted to your friends!

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