

Marie Kondo – the life-changing magic of tidying

Visualize your destination

Imagine that you have your own magic wand and as you waived it, B*O*O*M, your home would look and feel like THIS (and I urge you to be as specific as possible)...

Example:

I want to open my closet and immediately find something to wear that both fits and makes me feel beautiful.

I want to be able to enjoy a clutter-free bathroom where I can soak in the bath and read a nice book.

I want to feel relaxed in the kitchen and cook with ease. I know where all the tools are and I can easily reach them from shelves, cupboards and drawers.

My balcony is a sanctuary with pots, plants and a lovely chair to relax in.

My basement/attic is neatly organized and easy to move around in. I find the items I need and all of them have a designated storage space.

Now you go...

Get your journal or a piece of paper and a pen...

You can even make a vision board with pictures and words that represent how you want to feel in your home.

Here is a link to my “how to make a vision board” video.

<https://vimeo.com/151525867>