

A GUILT-FREE, NO-STRESS WAY TO  
TRANSFORM YOUR HOME AND YOUR LIFE



# DECLUTTER LIKE A MOTHER

ALLIE CASAZZA

A PDF COMPANION TO THE AUDIOBOOK

*Declutter Like a Mother*

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# LETTER TO READER

Hi, love!

I'm so happy that we worked together to declutter like a mother. You are a strong, beautiful action-taker, and I am so proud of you!

Holy butts . . . it is crazy to realize that this book baby is now a toddler! I wanted to give you a little something extra, so I've included a bonus section with discussion questions.

You can sit in your favorite comfy spot with your coffee and reflect by yourself.

You can make a taco bar, invite your girlfriends over, and discuss the questions as a group. (Don't forget the margaritas!)

You can suggest *Declutter Like a Mother* for your next book club read and use the questions in your conversations.

Do whatever works for you!

I created these questions because I set the intent for your time spent with my book, and that intent is for you to take real action; to implement what you read.

I want to debunk minimalism and empower others with the gift of decluttering in a way that is unique to them and their individual lifestyle and needs.

I know these questions will provide you with a resource to share your life-changing experience with others or reflect on your personal journey, which will help you continue this new lifestyle and keep taking action on the changes you have made.

I see you, I love you, and I'm for you!

Rooting for you always,

xo Allie

## O N E

### THINGS ARE ABOUT TO GET SO. MUCH. LIGHTER.

1. Before reading this chapter, did you have a one-sided definition of minimalism? How has your idea of minimalism changed? What does your version of minimalism look like?
2. Allie says, “Your home is a reflection of your life’s story.” What are important pieces within your home that convey your life’s story?
3. Decluttering won’t make everything perfect, and it won’t solve all your problems, but it will make things so much lighter. What area in your home will you benefit the most from if it were lighter?
4. Allie discusses the concepts of living abundantly and living from a place of ownership, not victimhood. What does embracing these ideals look like for you? What stressors are you ditching? What areas of your life will you have time to focus on? How does ownership improve your confidence and self-esteem?

T W O

## EVERYTHING YOU NEED TO KNOW ABOUT CLUTTER (SO YOU CAN GET IT *ALL OUT*)

1. *Declutter Like a Mother* debunks the myth that you must be neat to get organized. Are you a naturally neat or messy person?
2. Allie says the key to succeeding is prioritizing your life. What things have you given up or cut back on to make time for what matters in your life?
3. This chapter shares a lot of statistics on the strong negative impact of clutter and excess of stuff. Were you aware of these scientific findings prior to reading this chapter? How do these findings influence your opinion of your possessions?
4. Before reading this chapter, what were you fearful of letting go?

## T H R E E

### HOW MINIMALISM CAN STEAL YOUR JOY (AND HOW TO STAY HAPPY INSTEAD)

1. Do you like the term minimalist? Why or why not?
2. What have you done to help yourself stop obsessing over how other people do minimalism?
3. From the “Signs You’re Letting Minimalism Steal Your Joy” list, which sign was the most surprising and why?
4. Are you guilty of mindless consuming and shopping to fill a void? How have Allie’s tips and methodology helped you stop unnecessary shopping?

## F O U R

### LET'S GET IT STARTED IN HERE!

1. In this chapter, Allie introduces us to the concept of *setting the intent* for each room in your home. How has this ideology changed your life? Your kid's life?
2. Where is your clutter clutch? What's inside this space?
3. What common ground and compromise did you make for your shared spaces?



## F I V E

### BEGIN HERE: WHERE POOP HAPPENS

1. What is your intent for your bathroom? What is the intent for other bathrooms in your home?
2. What is the weirdest thing that you found in your bathroom declutter?
3. What new organizational methods did you incorporate in the bathroom(s)?
4. What is your secret grooming obsession? What product did you have in oversupply?

## CLOSETS AND SENTIMENTAL THINGS

1. How many closets did you have to declutter? Which closet was the most challenging to declutter?
2. Allie shares how Brian built a shelf on the wall as an extension of their pantry. In what ways did you make your closet(s) work for you and become more functional?
3. In the linen closet section, Allie breaks down her linen situation and recommends that readers declutter based on their current laundry process. After you decluttered, did you adjust your laundry process? Why or why not?
4. What sentimental items did you keep? How did you put your sentimental items to use?

## S E V E N

### A KITCHEN YOU CAN'T WAIT TO COOK IN

1. Beyond preparing meals, what is your intent for the kitchen? Who are *you* in the kitchen?
2. What items did you get rid of? Was there a particular item that you had several of?
3. How did you change your countertop situation? Did you incorporate an organizational basket, a vertical organizer, or store appliances in different areas?
4. How did decluttering your pantry influence your future grocery lists? Did you have to have an honest conversation with yourself, and your family, about things you're buying and not eating?

## E I G H T

### MINIMALISM AND KIDS

1. What is the intent your child(ren) set for their room (and spaces)?
2. How did you child(ren) handle decluttering? How did they feel empowered and take action for themselves?
3. How has purging toys influenced the way your child plays and respects their toys?
4. Allie recommends thinking about your family's lifestyle and provided a list of questions to ask yourself when purging clothes. How will those questions influence your future apparel purchases for your child(ren)? What changes will you make moving forward?

## N I N E

### A MAYBE-NOT-SO-CAPSULE WARDROBE

1. Are you a capsule wardrobe fan? Or does a capsule wardrobe not serve you?
2. When you decluttered your wardrobe, what was the biggest issue? Clothes the wrong size? Clothes that no longer served your lifestyle? Clothes you really don't like? Damaged clothing?
3. Did you use Allie's hanger trick? Did you end up keeping or tossing those hung items?
4. How are you storing the clothes you're keeping? Did you change your system?

## T E N

### HOW TO HANDLE EVERYTHING ELSE

1. What is the intent you (and your family) set for the living room and/or family room?
2. **HAHA**, did you almost think the clutter clutch wasn't going to be addressed? How has eliminating a clutter catch changed your life?
3. If you have a garage, what is the intent you (and your family) set for the garage?
4. If you have an office space, what is the intent you set for your workspace? How has productivity changed since setting intent and decluttering?
5. Was your partner/spouse on board with decluttering? What was their biggest obstacle? Have they come around to the new decluttered lifestyle?

## E L E V E N

### MAINTENANCE MODE

1. How did you celebrate your decluttering achievement?
2. How are you being a “ruthless editor” and managing the incoming flow?
3. Are you using Allie’s mail and paperwork system? If so, how is it working out? Did you make any necessary edits to the system to better fit your lifestyle?
4. Have you had the gift conversation with family and friends yet? If so, how did it go?
5. Since decluttering, have you gone shopping? If yes, how did *simplicitism* change your experience? How have you aligned your shopping habits in a way that’s supportive of your health and healing?