

THE
clutter free



DISCUSSION
GUIDE

Kathi Lipp

Dear Friend-

I'm so excited that you've decided to take this Clutter Free journey. After having thousands of women (and a few brave men) go through the book, I can tell you that they have all experienced a freedom they they've never experienced before. Getting rid of things you no longer love, use or would replace, frees you up to live the kind of life you were designed for.

I know there will be challenges along the way, so I want to encourage you to do a couple of things:

1. **Join our Facebook group.** We want you to have all the support you want (and will defiantly need) When you see that your struggle with stuff isn't unique, it makes you brave. And that's what we want for you.

2. **Find a de-clutter buddy.** If you are trying to do this on your own, stop. You need a friend to help you through. Even though this is a group guide, I know that some of you picked it up and thought, "I'll just do it on my own." Go be a part of someone else's transformation! You'll be glad you did.

3. (Can you put something in here about group orders for the book Roger can you provide the link?)

Cheering you on as you move toward a clutter free life!

KATHI



SESSION #1



SESSION #1- What to Expect

Ice breaker and introductions

Pass out books

Read Chapter 20 together: Clear Your Decks: The 2000 Things Challenge

HELPFUL RESOURCES

www.kathilipp.com

www.facebook.com/pages/Clutter-Free/410093652478105

CHAPTER 20 DISCUSSION QUESTIONS

1. How do you feel about getting rid of 2000 things this year?
2. Do you have a tendency to stockpile? Where do you think that tendency stems from?
3. Which two (or more) friends can you ask to do this challenge with you? In which room will you start, and what is your plan of attack?

WEEK #1 - HOMEWORK

Read Part 1- Uncovering the Costs of Clutter (Chapters 1-4)

CHAPTER 1 REFLECTION QUESTIONS

1. Which of the "Everyday Actions that Cause Clutter" do you identify with most?
2. Clutter is keeping you from the peace you desire in your home. What is currently keeping you from dealing with your clutter?
3. What is one routine you could put into place this week to get you "closer to the clutter-free existence you long for"?

CHAPTER 2 REFLECTION QUESTIONS

1. In what ways have you been made to feel that you need to "go bigger"?
2. What "go bigger" dreams are you ready to let go of ?
3. Reflecting on simplifying, what is one shift you can make to begin to be content with the home you now have?

CHAPTER 3 REFLECTION QUESTIONS

1. In what ways are you already practicing "Mutual Mooching"? Are there other ways you could use this tactic to further declutter your life or keep the clutter at bay?
2. In what ways do you feel your clutter is keeping you from doing the things God has called you to do?
3. What is your favorite benefit of non-ownership, and what would or could non-ownership look like in your life?

CHAPTER 4 REFLECTION QUESTIONS

1. What organizational systems do you currently have in place?
2. Think of a recent purchase. Reflecting on this chapter's meaning of cost, what is this item actually costing you?
3. Shifting your thinking to what things are actually worth to you, what is an area of your house you can work on tomorrow to let go of things costing you too much?

SESSION #2



SESSION #2- LET'S WORK TOGETHER

Part 1: Uncovering the Costs of Clutter

Appendix 1: The Three-Box, Two-Bag System

Chapter 19: A New Approach to Cleaning Clutter

CHAPTER 19 DISCUSSION QUESTIONS

1. Can you relate to "Stash and Dash"? Discuss.
2. After reading about "the secret sauce of clutter management," how do you feel about this mind shift? How will it help you on your decluttering journey?
3. How does the thought of getting your drawers and cabinets half empty make you feel? Which drawer or cabinet, in your home, can you commit to decluttering to half-full this week?

SESSION #2- NOTES



WEEK #2- HOMEWORK

Read Part 2- Why We Buy Stuff (Chapters 5-8)

CHAPTER 5 REFLECTION QUESTIONS

1. What do you think it would feel like to walk through a store, walk out without a purchase, and still feel satisfied?
2. Looking at Philippians 4:12-13 on page 47, have you ever discovered what it would look like to live the content life that Paul is describing? How would your present life be altered?
3. When dealing with future shopping experiences, what places or circumstances do you know will be areas of struggle for you? What systems can you put in place to better support your new clutter free life?

CHAPTER 6 REFLECTION QUESTIONS

1. What are three things, currently in your home, that you neither need nor love?
2. What image are you wanting to portray that causes you to buy more, need more, and keep more?
3. Reflecting on the ways in which fear, guilt, and shame have contributed to your clutter, which one is your weakest area? What strategies can you implement to begin shifting this way of thinking?

CHAPTER 7 REFLECTION QUESTIONS

1. What have you bought recently because it was on sale, clearance, etc., that you have yet to need/use?
2. When reading about influence on page 59, what resonated most with you? Are you making purchases to feel that you belong, to stay on trend, to feel connected to your favorite celebrities, etc...?
3. Marketers are trying to sell you a vision of what your life could be. How can you shift your vision so that you can be more open to God's plan for you rather than the one marketers and the world are pushing?

CHAPTER 8 REFLECTION QUESTIONS

1. What are some purchases you've made to feel "OK"?
2. If you had to make a list of the items you own, from memory alone, what percentage of your possessions do you think you would remember? What changes do you need to make to know what you have and shift your perspective about your stuff?
3. What kind of impact do you think decluttering will have on your family? What are some ways you can get them to participate?

SESSION #3



SESSION #3- LET'S WORK TOGETHER

Part 2: Why We Buy Stuff

Appendix 2: A Simple System for Dealing with Paperwork

Chapter 21: Adopt A Uniform

CHAPTER 21 DISCUSSION QUESTIONS

1. If you had to give yourself a uniform, what would your summer and winter wardrobes consist of?
2. What will be the hardest part about decluttering your wardrobe? How do you feel when you think about letting go of these items?
3. Commit to taking an inventory of everything you have in your wardrobe this week. What steps will you take to ensure your success?

SESSION #3- NOTES



WEEK #3- HOMEWORK

Read Part 3- Why We Buy Stuff A (Chapters 9-13)

CHAPTER 9 REFLECTION QUESTIONS

1. How has clutter stolen your peace?
2. What "active" role has clutter taken in your life, and how is it keeping you from living the life you were designed to live?
3. We need to remember what clutter is. Clutter is any item: I don't use. I don't love. I wouldn't buy again. Is there somewhere in your home you can keep a reminder of what clutter is (ex: behind a cabinet door, in a journal, on a post-it, etc.)?

CHAPTER 10 REFLECTION QUESTIONS

1. What kinds of things do you keep "just in case"?
2. If you had to scale down to only what you actually needed, how many of your things would you have to let go of? How does it feel to sit with that thought?
3. Reflecting on Psalm 56:3-4, how can you feel secure in God as you declutter? Moving forward, how do you think you will feel getting rid of your "security blankets"?

CHAPTER 11 REFLECTION QUESTIONS

1. What are some other ways to love and bless others without giving them physical gifts?
2. What familial patterns have set you up to struggle with clutter, and are you perpetuating the clutter cycle for others?
3. Reflecting on shifting the way you think about your clutter, what's one tool that resonated with you from this chapter? How can you implement it in your own life?

CHAPTER 12 REFLECTION QUESTIONS

1. If you had to guess, how many "just there for now" items do you have in your house?
2. What have been some costs of not putting things away or having a spot for things (ex: finding money tucked in a drawer, something important getting lost or ruined, sanity...)?
3. Thinking about how we can avoid the setting down stuff "just for now" trap, what small step can you make today to find a place for something you misplace frequently, (your purse, keys, or your wallet, etc.)? Do that one thing and work to make it a habit.

CHAPTER 13 REFLECTION QUESTIONS

1. What are some things you've hung onto just because you spent "so much money" on them?
2. "Peace is far more valuable than any amount of money you spent on an item" (p. 99). Do you agree? Why or why not?
3. Freeing yourself from the guilt, fear, and shame of your costly clutter, what might you actually gain from letting those items go? What are a few costly clutter items you are ready to let go of this week?

SESSION #4



SESSION #4

Appendix 3: Cheri's Packing List

Chapter 22: Use It Up

Part 3 (A): Why We Keep Stuff (Chapters 9-13)

CHAPTER 22 DISCUSSION QUESTIONS

1. What kind of products are you most guilty of stockpiling and why?
2. We generally think of doing without as a negative thing. Can you think of a positive way you and your family can do without?
3. What are some ways you can make the saying, "use it up, wear it out, make it do, or do without," work for you and your family this year? What is one simple step you can take this week to start on that path (ex: mend a pair of pants, hang clothes to dry, etc.)?

SESSION #4- NOTES



WEEK #4- HOMEWORK

Read Part 3- Why We Buy Stuff B (Chapters 14-18)

CHAPTER 14 REFLECTION QUESTIONS

1. In what ways it is easier to deal with another's clutter? How is it harder?
2. Have you ever had a situation like Cheri's where you got rid of someone else's stuff without their knowledge? How did it impact your relationship? What lesson(s) did you learn?
3. Is there anyone in your family that you feel will hinder your clutter busting process? What are some ways you can make decluttering easier for everyone?

CHAPTER 15 REFLECTION QUESTIONS

1. What have you bought to become?
2. Do you find yourself buying to impress or be like others rather than use the gifts God entrusted to you? What are those gifts and how can you better focus on them?
3. What new passion would you like to pursue (remembering one at a time), and what "failed experiments" could you bless someone else with this week?

CHAPTER 16 REFLECTION QUESTIONS

1. What are you holding onto because of potential value (emotional or financial)?
2. Things of value, whether emotional or financial, can be some of the toughest for us to part with. What do you already know will present challenges for you? What can you do if you're struggling?
3. Make a list of things you'd like to get checked out for financial value. What time limit can you set for yourself to accomplish their appraisals?

CHAPTER 17 REFLECTION QUESTIONS

1. What are your "gym memberships" (current or past)?
2. We need to make room in our life for what is growing and working. What are some "end of life" decisions that you need to make to move forward? What is currently making these decisions difficult?
3. Make a list of what is truly important to you. What can you do this week to intentionally make room for those things?

CHAPTER 18 REFLECTION QUESTIONS

1. What lies have you told yourself about what your stuff will do for you or your life?
2. Looking at the bulleted list on page 135, is your clutter the result of scarcity mentality? How has the scarcity mentality impacted you?
3. How can you be a role model for others by practicing "abundance mentality"?

SESSION #5



SESSION #5

Discuss Part 3 (B): Why We Keep Stuff (Chapters 14-18)

SESSION #5- NOTES



WEEK #5- HOMEWORK

Read Part 4- How to Get Rid of Stuff (Chapters 22-25)

CHAPTER 22 REFLECTION QUESTIONS

1. What kind of products are you most guilty of stockpiling and why?
2. We generally think of doing without as a negative thing. Can you think of a positive way you and your family can do without?
3. What are some ways you can make the saying, "use it up, wear it out, make it do, or do without," work for you and your family this year? What is one simple step you can take this week to start on that path (ex: mend a pair of pants, hang clothes to dry, etc.)?

CHAPTER 23 REFLECTION QUESTIONS

1. Do you have clutter enablers in your life? How are they affecting you?
2. How much is your enough? How will you know and what will you gain from having "enough"?
3. What can you do today to keep advertisements from entering your home?

CHAPTER 24 REFLECTION QUESTIONS

1. What was your first step in the decluttering process?
2. Of the 50 things, what are your biggest challenge areas? Why?
3. Find time this week to work through the "50 things to get rid of today" list and keep count. How many items were you able to let go of?

CHAPTER 25 REFLECTION QUESTIONS

1. What non-thing gifts will you encourage in the future?
2. What will be your biggest challenge in trying to keep clutter from entering your home? How will you address these challenges in the future?
3. After reading this book, how do you feel about your clutter? What progress have you made so far, and what steps will you take as you continue this decluttering journey?

SESSION #6



SESSION #6

Discuss Part 4: How to Get Rid of Stuff

SESSION #6- NOTES



WEEK #6- HOMEWORK

Catch up! If you've gotten behind or feel like you need to go back to specific questions and chapters, this is the week to do it. Don't be discouraged and don't stop! You've got this!

REFLECTION QUESTIONS/PLAN OF ATTACK

SESSION #7



SESSION #7

We will donate our-trash-someone-else's-treasure to the charity of your choice. During this, our last session, we will serve at this charity or do a service project together.

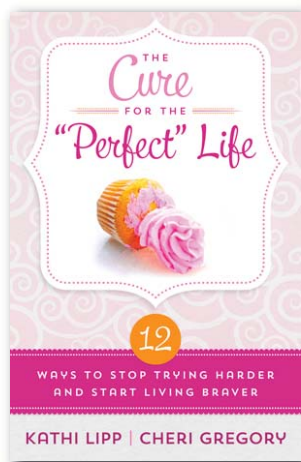
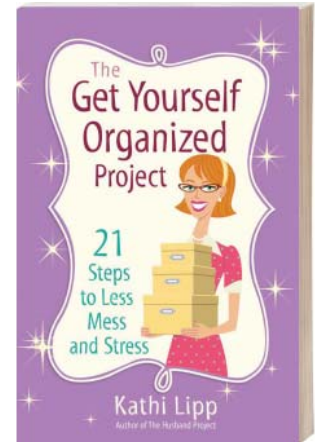


Other Great Titles from Kathi Lipp

The Get Yourself Organized Project

Finally, an organizational book for women who have given up trying to be Martha Stewart but still desire some semblance of order in their lives.

Most organizational books are written by and for people who are naturally structured and orderly. For the woman who is more ADD than type A, the advice sounds terrific but seldom works. These women are looking for help that takes into account their free-spirited outlook while providing tips and tricks they can easily follow to live a more organized life.



The Cure for the Perfect Life

Meet Kathi, a disguised perfectionist always looking to put everyone else's needs above her own, and Cheri, a formerly confused and exhausted poster girl for playing it safe. T

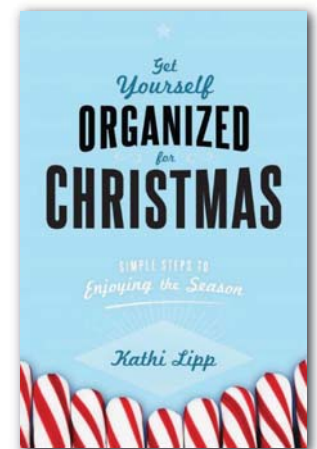
With unabashed empathy and humor, they invite you to take part in their rebellion against perfection. Step-by-step they'll teach you how to challenge and change unhealthy beliefs. As they free you from always seeking more or needing the approval of others, you'll discover a new, braver way of living. At last, you'll exchange outdated views of who you should be for a clearer vision of who you are in Christ.

Get Yourself Organized for Christmas

Christmas. Well it is a wonderful time of year and all but it can be SO overwhelming. From presents to cards to traveling to inlaws... you get the picture.

In this book, Kathi discusses how a peaceful, stress free Christmas is possible! You'll learn:

- Step-by-step ways to plan ahead and get it all done without the stress
- What to eliminate and how to determine the VIP's (very important parts) of your personal Christmas
- How to keep Christ at the forefront of the season



Kathi Lipp

Find out more at KathiLipp.com

Facebook: www.facebook.com/AuthorKathiLipp

Clutter Free Facebook Group: www.facebook.com/pages/Clutter-Free/410093652478105