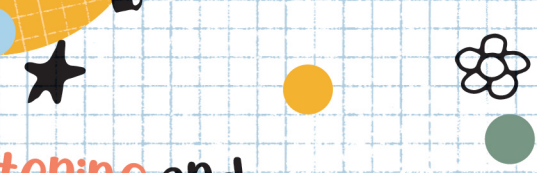


ALLIE CASAZZA

Author of *Declutter Like a Mother*



BE THE BOSS OF YOUR STUFF



the Kids' Guide to *decluttering* and
Creating your own space



A PDF COMPANION TO THE AUDIOBOOK

Be the Boss of Your Stuff

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NOTES

Step 3. Get the Trash Out and Check Your Habits

1. *Word Explorer Children's Dictionary*, s.v. "habit," accessed July 25, 2021, <https://kids.wordsmyth.net/we/?level=2&rid=18357>.

2. Lena Firestone, "Thinking Positively: Why You Need to Wire Your Brain to Think Positive," PsychAlive, accessed July 26, 2021, <https://www.psychalive.org/thinking-positively/>.

Step 7. Design Your Space

1. "Color Psychology," True Value Paint, accessed July 25, 2021, <https://www.truevaluepaint.com/color-101/color-psychology>.

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STEP 1

What you need to know

QUIZ

WHO'S THE BOSS?

What kind of emotions do you typically feel when you're simply spending time in your room?

- a. Happy and peaceful.
- b. Stressed and frustrated.
- c. Like you don't want to be in there.

What kind of emotions do you typically feel when it's time to clean up your room?

- a. I'm confident. I know it's going to be easy.
- b. I'm annoyed.
- c. I'm overwhelmed. I know it's going to take *forever*.

How much time does it take you to clean your room completely, from start to finish?

- a. Less than 10 minutes.
- b. About 20–30 minutes.
- c. More than 30 minutes.

How much of the stuff in your room is your favorite?

- a. Everything. I don't have much, but the things I do have are my absolute favorites.
- b. I know what my favorites are, but I also have a lot more.
- c. I have favorites, but they are surrounded by all kinds of other things.

How easy is it for you to find something you're looking for in your room?

- a. Super easy!
- b. It takes me a minute or two.
- c. It takes forever, and I might not ever find it.

How often do things go missing in your room?

- a. Never.
- b. Sometimes.
- c. All the time.

How easy is it for you to focus on schoolwork or reading in your room?

- a. It's very easy to focus!
- b. It's somewhat easy. I struggle sometimes.
- c. It's impossible to focus in there. I do schoolwork in another room.

How hard will it be for you to get rid of some of your things?

- a. No problem. I'm ready!
- b. I'm a little nervous but ready to make things better.
- c. This will be difficult for me. I get overwhelmed when I think about getting rid of some of my things.

if you Got MostLy a's

Then you're already becoming a boss! Continue reading to learn even more tips and secrets on how to become a great boss of your stuff.

if you Got MostLy B's

Then you're getting there, but it's a bit of a struggle. You're so ready to figure out how to get clutter under control so you can be a boss of your stuff.

if you Got MostLy C's

Then you won't want to put down this book! You're going to learn a lot about decluttering and creating your own space. But don't worry—even most adults haven't figured all of this out yet. That means you're ahead of the game because you're starting the process of becoming a boss of your stuff and your space.

STEP 6

find a PLace for What you're Keeping

My Keep List

- | | |
|---|--|
| ☐ Shirts | ☐ Coloring books and drawing pads |
| ☐ Sweaters | ☐ School stuff |
| ☐ Pants | ☐ Blank paper |
| ☐ Dresses | ☐ Notebooks |
| ☐ Jackets | ☐ Pens and pencils |
| ☐ Shoes | ☐ Books |
| ☐ Socks | ☐ Hobby supplies |
| ☐ Undergarments | ☐ _____ |
| ☐ Pajamas | ☐ _____ |
| ☐ Stuffed animals | ☐ _____ |
| ☐ Toys I play with regularly | |
| ☐ Art supplies | |
| ☐ Artwork | |

Toy Checklist

Before you can organize your toys, you first need a list of all the kinds of toys you have. Use the checklist below to help you. Check the box next to all the toys you have.

- | | |
|---|--|
| ☐ Action figures | ☐ Stuffed animals |
| ☐ Board games and puzzles | ☐ Trucks |
| ☐ Dolls | ☐ _____ |
| ☐ Dress-up clothes and
costumes | ☐ _____ |
| ☐ LEGOs | ☐ _____ |
| ☐ Plastic animals | ☐ _____ |
| ☐ Race cars | ☐ _____ |

The page features seven decorative colored dots of varying sizes scattered around the central text. The colors include orange, red, yellow, green, blue, and dark green.

STEP 7

deSiGn youR SPaCe



**FIND YOUR
FAVORITE
STYLE**

BOHEMIAN



RUSTIC/FARMHOUSE





MINIMALIST



ECLECTIC

STEP 9

Buy thoughtfully

Buy thoughtfully IRL

Now that you've learned how to buy thoughtfully, try it out! Before you make a purchase, fill out this form to see if it's a good decision for you and your space.

Do I need this item? If so, why?

Do I love this enough for it to take up space in my room?

Even if all my friends told me they didn't like the item, would I still love it and use it regularly?



Do I love this enough to take care of it, knowing that adding another item to my space will make cleaning my room take longer?

How often will I use this?

What are the pros and cons of owning this?

Do I want to support this company?

[illegible]