

Design **ESSENTIALS KIT**

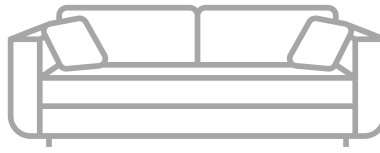


Jane Antonovich **DESIGNS**

Design **ESSENTIALS KIT**

JANE ANTONOVICH





LIVING ROOM

Sit quietly in your living room to do this exercise...5-10 minutes
Don't think too hard about the answers, let them flow!

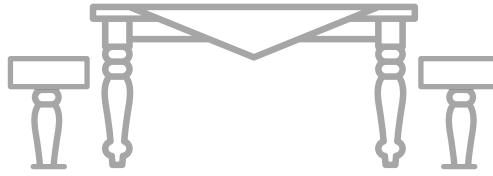
What I like about the living room is:

The problem with the living room is:

This is how I feel when I am in (or even think about) the living room:

This is how I want to feel:

What is one action I could take right now to create the space I want?



DINING ROOM

Sit quietly in your dining room to do this exercise...5-10 minutes.
Don't think too hard about the answers, let them flow!

What I like about the dining room is:

The problem with the dining room is:

This is how I feel when I am in (or even think about) the dining room:

This is how I want to feel:

What is one action I could take right now to create the space I want?



KITCHEN

Sit quietly in your kitchen to do this exercise...5-10 minutes.
Don't think too hard about the answers, let them flow!

What I like about the kitchen is:

The problem with the kitchen is:

This is how I feel when I am in (or even think about) the kitchen:

This is how I want to feel:

What is one action I could take right now to create the space I want?



MASTER SUITE

Sit quietly in your Master suite to do this exercise...5-10 minutes
Don't think too hard about the answers, let them flow!

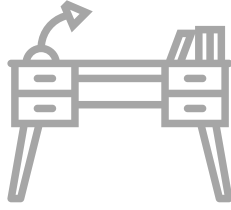
What I like about the Master Suite is:

The problem with the Master Suite is:

This is how I feel when I am in (or even think about) the Master Suite:

This is how I want to feel:

What is one action I could take right now to create the space I want?



OFFICE

Sit quietly in your office to do this exercise...5-10 minutes
Don't think too hard about the answers, let them flow!

What I like about the office is:

The problem with the office is:

This is how I feel when I am in (or even
think about) the office:

This is how I want to feel:

What is one action I could take right now
to create the space I want?



GUEST ROOM

Sit quietly in your guest room to do this exercise...5-10 minutes
Don't think too hard about the answers, let them flow!

What I like about the guest room is:

The problem with the guest room is:

This is how I feel when I am in (or even think about) the guest room:

This is how I want to feel:

What is one action I could take right now to create the space I want?



BASEMENT/ATTIC/STORAGE

Consider your basement/attic/storage as you do this exercise...5-10 minutes.
Don't think too hard about the answers, let them flow!

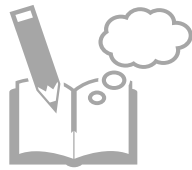
What I like about the basement/attic/
storage is:

The problem with the basement/
attic/storage is:

This is how I feel when I am in (or
even think about) the basement/
attic/storage:

This is how I want to feel:

What is one action I could take right now
to create the space I want?



DREAMS

*Dream into your life 3 to 5 years from now...
what would you LOVE to create for yourself?*

ABUNDANCE

**REPUTATION/
FAME**

**LOVE
RELATIONSHIP**

FAMILY

HEALTH

CREATIVITY

SPIRITUALITY

CAREER

TRAVEL/FRIENDS

CLUTTER QUIZ

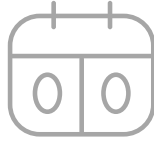
Keep score, How many of the statements below are TRUE for you?

- ☐ I have clothes in my closet that don't fit me and that I NEVER choose.
- ☐ I have clothes in my closet that don't belong to me.
- ☐ My pantry has food items in the back that (might) have expired.
- ☐ I have kitchen gadgets that I NEVER use.
- ☐ I have bags or boxes of stuff to go to a donation center but I never take them.
- ☐ I have containers for leftovers in my kitchen that do not have lids, or lids that don't have matching containers.
- ☐ I have sporting equipment in the basement from the ghost of seasons past...WAY past.
- ☐ My yard tools are in a tangle in the garage.
- ☐ My basement or attic has boxes and I don't know the contents.
- ☐ My mail piles up past one week.
- ☐ I have unmatched socks on my dryer or in my dresser drawer.
- ☐ I have boots, scarves, mittens, gloves or coats in the hall closet that I NEVER choose.
- ☐ I have many family photos that need editing, there are too many to enjoy, they feel like a burden.
- ☐ I have items passed to me from ancestors that give me an ICK feeling.
- ☐ I can't keep up with my home office, the papers are winning!
- ☐ I pile papers and have no filing system.
- ☐ I don't know where my most important documents are.
- ☐ I pay rent on a storage locker.
- ☐ My computer files are a mess, including desktop, documents and photos.
- ☐ I'm scared to tackle the clutter!



SEE NEXT PAGE TO
IDENTIFY YOUR SCORE!





YOUR SCORE:

0-5:

Way to go! High Five! You are the type of person who has a place for just about everything and takes the time to put things away when you're finished. You also intentionally let go of things when they have outlived their usefulness, or they just don't dazzle you anymore! You might need a little nudge now and then to get motivated...but you see the benefit of creating a space without extra clutter.

6-10:

A little laserfocus could give you huge results! Pick just one area: closet, kitchen pantry, or linen closet, set aside 2 hours, start the timer and GO! You are probably a busy person, juggling life with lots going on. Your challenge is to pick an area and focus on it, not to get distracted. Be intentional, turn off the electronics, make a date with yourself and stick to it!

11-15:

You might consider some support! Get a buddy to trade a "basement session" or a "closet session". You need accountability and someone to remind you of your vision for your space and your goals. You've let your home get away from you and it's constantly stressing you out. You will feel so much better when you have made some progress!

16-20:

You are very close to a HUGE shift! ALL of your spaces need some attention. You may be scared of letting go and all the emotions that are mixed up with your "stuff". You may also have "no clue" about where to start or how good you could feel once you have invested in your transformation!

**Contact me (No matter what your score)
to begin YOUR TRANSFORMATION:**



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CHECKLIST

9 Steps to Transform Your Home or Office into the Space of your Dreams (Applies to ANY space from Junk Drawer to Storage Locker)

- ☐ **1. Pick One Space** This is crucial! Focus your efforts for best results! If it's a HUGE space, pick one shelf, one side of a closet or room, one smaller area...
BREAK IT DOWN!
- ☐ **2. Take Everything Out** Yes, EVERYTHING! No decisions need to be made here, just take it out.
- ☐ **3. Refresh** This is your chance! Wipe it out, sweep, mop, attack the cobwebs, even paint!
- ☐ **4. Edit** Most Exciting (Scariest) Step, Some things will be easy, get rid of them! Some you will have a death grip on...Ask these three MAGIC questions:
 - ☐ Do you LOVE it?
 - ☐ Do you NEED it?
 - ☐ Do you CHOOSE it?
- ☐ **5. Sort** Put like things together: work out gear, vases, jackets, shoes, art materials.
- ☐ **6. Reorganize** Containerize the previously sorted items. This may involve shopping. **Do not shop for containers until you reach this step!**
- ☐ **7. Put Back the Keepers** This is where the magic happens! PRIORITIZE what you are keeping. Put the least used items up high or in the back or at the bottom. Make sure that the things you ALWAYS need are front and center, and at your fingertips.
- ☐ **8. Beautify** Add something beautiful to the space. A special touch to make you smile the next time you open the door.
- ☐ **9. Celebrate!** Take a moment...Turn on some [Jackie Wilson](#) and do a happy dance, sit down with a cup of green tea, take a bubble bath, Brag to someone, take a picture, take a nap! Do *something* to symbolize your transformation!



DO YOU WANT TO FEEL LESS STRESSED, LIVE WITH MORE PASSION, CREATE A LIFE YOU ADORE AND HAVE FUN DOING IT?



I work with people just like you who want to harness the power of their homes and offices to be more productive, have more energy, and create space for a life they love.

My mission is to work with you to raise the energy of your home so you can have everything you want in life. Perhaps that means a beautiful design, created just for you (!) or decluttering sessions to eliminate chaos and clutter in your home or office (Or BOTH!)

My team and I are ready for action.

We can work privately at whatever pace suits your life, or you can keep an eye out for my weekly newsletter, blog, live events, trainings and classes with TONS of tips and ideas you can use immediately!

Email me today to reclaim your space and your life!



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Web: www.janeantonovich.com



Call: 6082359023

***Jane Antonovich is a Feng Shui Designer and Organizational Expert who inspires us (through design and decluttering) to live with greater energy, optimism, health and wealth. With her surprisingly playful mix of soul and style, Jane shows us how our homes can be the key to unlocking our dreams and upleveling our lives.



