S.T.A.C.K.S.®

The Action System

Take each step in order and make only one decision at a time.

	QUESTION	ACTION	TIP	REWARD
SORT	What is it?	Sort into piles of like with like. No other decisions yet!	Place items in banker's boxes. Label each box with a post-it note for steps ahead.	You will know exactly what you have.
TOSS	Do I need it or want it?	Put it in the keep or discard pile. Tackle one pile or box at a time.	Ask, "Does this serve me in my life today?" Only let go when you are ready.	What you have left is what needs to be organized.
ASSIGN A HOME	Where does it go?	Identify how you use the item and create activity zones accordingly.	Place the items you use most often in the easy-to-access locations.	Everything will be where you need it when you need it.
CONTAIN	What does it go in?	Measure the "stuff" and the storage area before shopping.	Choose containers that are both functional and fun.	You will enjoy retrieving and re-storing your items.
KEEP IT UP	How do I maintain it?	Create a simple plan for how you will maintain the area.	Choose a high energy time for upkeep.	Your keep-it-up system will make maintaining your space easier.
SIMPLIFY	How can I simplify and live with less?	Decide whether any new items pass the test.	Does it serve me? Do I love it? Will I use it? Do I have room for it?	You will feel free, energized, and abundant.

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