



# Frustration Flush

*This is a time to literally write down every single thing that is bothering you about your home, how your day runs and what's working for you and what's not. This will help us begin to see what systems even need to be created. Give yourself honest answers to each of these questions and feel free to use extra paper if needed.*

What do you see?

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What is bothering you most around your home?

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What are your hotspots (clutter collectors)?

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How is your day running?

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How could it be better?

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Do you have systems in place already (and are they working)?

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# Frustration Flush

*Unfiltered Flushing: Just let it all out!*

*AM Routine* \_\_\_\_\_

*Laundry on the washer* \_\_\_\_\_

*Pile of shoes by the doorway* \_\_\_\_\_

*Toys on the floor* \_\_\_\_\_

*Dishes in the sink* \_\_\_\_\_

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*What areas of your home do you think you may need systems in place?*





# Frustration Flush

*Unfiltered Flushing: Just let it all out!*

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*What areas of your home do you think you may need systems in place?*