

# CHAPTER 4 WORKSHEET: BATH AND BEAUTY

## STEP 1 - SIMPLIFY: DECLUTTER YOUR BRIMMING BATHROOM

Worksheet 1	Checklist
How do you feel about the current state of your bathroom?	<input type="checkbox"/> Complete Worksheet 1
What do you want your bathroom to look, feel, and smell like?	<input type="checkbox"/> Set up your workspace <ul style="list-style-type: none"><li><input type="checkbox"/> Gather supplies:<ul style="list-style-type: none"><li><input type="checkbox"/> Notebook</li><li><input type="checkbox"/> Pen</li><li><input type="checkbox"/> Sharpie</li><li><input type="checkbox"/> Post-its</li></ul></li><li><input type="checkbox"/> Trash bags</li><li><input type="checkbox"/> Four bins or paper bags</li></ul> <input type="checkbox"/> Label your bins: <ul style="list-style-type: none"><li><input type="checkbox"/> Donate</li><li><input type="checkbox"/> Trash</li><li><input type="checkbox"/> Recycle</li><li><input type="checkbox"/> Other room</li><li><input type="checkbox"/> Other _____</li></ul>
What activities do you want to take place in your bathroom (besides the obvious)?	<input type="checkbox"/> Pull everything out and group like-with-like
What are your favorite, go-to brands or products?	<input type="checkbox"/> Process your items
What are you willing to let go of in your bathroom?	<input type="checkbox"/> Wrap up <ul style="list-style-type: none"><li><input type="checkbox"/> Remove trash and recycle</li><li><input type="checkbox"/> Put away "Other Room" items</li><li><input type="checkbox"/> Deep clean/wipe down surfaces</li><li><input type="checkbox"/> Find temporary homes for the items staying in this space</li><li><input type="checkbox"/> Drop off donations</li></ul> <b>Note:</b> Use your notebook to track anything you need to do, replace, repair, or buy.



# BATH AND BEAUTY

## STEP 2 - STREAMLINE: OPTIMIZE SPACE IN YOUR BATHROOM

Worksheet 2	Checklist
What organizational systems are working in your bathroom?	<ul style="list-style-type: none"><li><input type="checkbox"/> Complete Worksheet 2</li> <li><input type="checkbox"/> Create zones<ul style="list-style-type: none"><li><input type="checkbox"/> Duplicate your Post-it notes (for each category you've identified)</li><li><input type="checkbox"/> Assign each category a zone by placing the Post-it note in its new home</li></ul></li> <li><input type="checkbox"/> Maximize space<ul style="list-style-type: none"><li><input type="checkbox"/> Adjust shelving as needed</li><li><input type="checkbox"/> Inventory categories where product is needed</li><li><input type="checkbox"/> Take measurements as needed</li><li><input type="checkbox"/> Create a product list</li><li><input type="checkbox"/> Purchase new products for optimizing space</li></ul></li></ul>
What's not working?	<ul style="list-style-type: none"><li><input type="checkbox"/> Implement storage solutions<ul style="list-style-type: none"><li><input type="checkbox"/> Install new product and put everything away in the new homes</li><li><input type="checkbox"/> Call a handyperson (if needed)</li></ul></li></ul>
What zones would be helpful in this space?	<ul style="list-style-type: none"><li><input type="checkbox"/> Label</li></ul> <p><b>Note:</b> Use your notebook to list your zones, inventory categories, take measurements, and to create your product list.</p>
What areas could you rethink to optimize space (i.e. an empty vertical wall, unused deep storage, behind the door)?	



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## STEP 3 - STYLE: CURATE YOUR CALMING BATHROOM

Worksheet 3	Checklist
What special items can you add to make your bathroom feel like a spa?	<ul style="list-style-type: none"><li><input type="checkbox"/> Complete Worksheet 3</li><li><input type="checkbox"/> Feature beautiful pieces or heirlooms that can double as a utilitarian home</li><li><input type="checkbox"/> Identify three favorite items to display</li><li><input type="checkbox"/> Cull your everyday items and consider replacing them with more beautiful versions</li></ul>
What new intentions do you have for this space?	<ul style="list-style-type: none"><li><input type="checkbox"/> Add hooks and hanging shelves</li></ul> <p>Additional style tips to consider:</p> <ul style="list-style-type: none"><li><input type="checkbox"/> Replace worn towels and rags with plush light-colored or white towels</li><li><input type="checkbox"/> Add some plant life</li><li><input type="checkbox"/> Add candles, salts, and specialty scrubs</li><li><input type="checkbox"/> Streamline products</li></ul>
What are three special items you can add or feature that will inspire you to maintain this space?	<ul style="list-style-type: none"><li><input type="checkbox"/> Swap out shower curtain and bath mat</li><li><input type="checkbox"/> Style with natural materials</li></ul>
What new goals do you have for this space? (i.e., take more baths, take time to get ready in the morning, paint)?	

