



WELCOME TO

# Trash Bag Therapy

20 MINUTE HOME DECLUTTER GUIDE  
FOR THAT INSTANT HIT OF CALM



# Hey There!

IF YOU'VE MADE IT HERE, CONGRATULATIONS!

YOU'RE JUST A STEP AWAY FROM CLEARING CLUTTER FROM YOUR ENTIRE HOME - REAL SMOOTH, REAL FAST!

Before I dive into **my fool-proof way of clearing clutter in 20 mins, I want to share with you a few fundamentals about this guide.**

I've been on this journey of stripping my life down to the simple essentials for over a few years now - and I've gone through various declutter challenges, read about various declutter methods - from Kon Mari, to 12-12-12, to Essentialism.

*Every method has its pros and cons but the one thing I've realized is - **the best declutter method is the one that you can stick to, consistently.***

Often this means it needs to be **simple and repeatable.**  
**This one is embarrassingly simple, but trust me, it works!**

We all have so much to do and take care of in our lives - the last thing I want to be thinking about is some complicated process to declutter.

**The best declutter method is one that can fit into your life seamlessly - without disrupting anything else.**

I work a very demanding job, in one of the top advertising firms in the country. I often work long hours, erratic hours and I often come home tired to the bone. **This is the one declutter method that I find works consistently for me.**

# Hey There!

I've found that this method comes with **no added pressure**. It forces me to **take decisions on my stuff quickly** - and not go into a thinking quagmire and freeze up (something which is a wee bit of a problem with me!).

AND it **hits me with that instant shot of satisfaction and relief - because I can actually, tangibly see the results.**

**Now, a few caveats.** This is a fairly simple, first-level method that focuses on decluttering only, not on organizing. Its laser-sharp focus and simplicity is what makes it so effective.

This is not the only declutter routine you should employ in your life (since you'll want to go deeper from time to time), but this is certainly one that can instantly motivate you to keep going and one that you can repeat without thinking too much.

**The rules may seem a bit extreme, and you have to decide quickly - but it guarantees results.**

Over time, this method can slowly **shift the way you view your possessions**, how often you declutter and even what you choose to buy. At a fundamental level, **this guide is an exercise, a challenge to shift your mindset about what you see as 'clutter' and 'trash'.**

So, enough talk. *Let's dive right in, shall we?*

# How Can This Guide Help?

AFTER GOING THROUGH THE STEPS  
IN THIS GUIDE, YOU WILL:

- ✦ **Clear out unbelievable amounts of clutter** from your home **in just 20 minutes**
- ✦ Feel a huge sense of **relief and satisfaction**
- ✦ Feel **confident** about clearing up quickly and **stop feeling stressed about mess**
- ✦ Get a **repeatable method to declutter quickly** whenever you need
- ✦ Relax in a **home that's instantly tidier & calmer**

THINGS YOU WILL NEED TO

# Get Started

TRASH BAG(S)

THE TRASH BAG THERAPY APP

*This is where your timer and room-by-room cheat sheet live  
— [click here](#) or scan below to open it before you begin*

*Scan to open app on your phone*



*trashtherapy.eyeofthecalm.com*

A GOOD PLAYLIST (OPTIONAL)

*{OH YES, THAT'S IT}*

[www.eyeofthecalm.com](http://www.eyeofthecalm.com)

BEFORE YOU BEGIN

# Ground Rules

✦ **For maximum results, we focus only on decluttering - not organizing.** Don't get distracted by putting things in place and going from room to room.

✦ **Move in a single flow.** The idea is to cover your entire house, by going through each room - almost like a sweep.

✦ **The core rule: Don't think, just act.** If you're thinking about it for more than 2 minutes, it's trash.

✦ If you don't remember the last time you used it, it's trash.

✦ If it's broken and you still haven't repaired it, it's trash.

✦ If it's expired, it's trash.

✦ If it's empty, it's trash.



# Step BY Step Guide

## STEP 1

Grab your trash bag(s)

## STEP 2

Position yourself at the entrance of your home

## STEP 3

**Open the Trash Bag Therapy app and  
start your 20-minute timer.**

*Your room-by-room cheat sheet is  
waiting for you there — use it as you sweep.*



# Step BY Step Guide

## **STEP 4**

Go from room to room in a single sweep &  
junk anything that is trash into the garbage bag(s)  
Don't think, just do!

## **STEP 5**

Keep going until your timer doesn't beep

## **STEP 6**

Observe the amount of trash you collected  
and congratulate yourself!

## **STEP 7**

Repeat the process IF you want to & if you have the time



# You Did It!

LETTING GO ISN'T EASY, BUT YOU SHOWED UP.

***Did you find yourself hesitating on certain items during your sweep?***

*That's completely normal — some things carry more weight than others.*

***The [Let It Go tool](#) in the app is designed for exactly those moments.***

*Click here to use it now for anything you're confused about or having a hard time letting go of. Or use it for your next declutter.*



# Reflections

DOCUMENTING THE RESULTS

*You did great! Print this & write down your thoughts to reflect on later.*

**How are you feeling right now?**

---

**Did you clear more or less clutter than you expected?**

---

**What was the hardest part of the process?**

---

**What was the easiest part of the process?**

---

**How does your home look and feel?**

---

**Would you repeat this declutter method?**

---





Would love  
to hear  
from you!

WAS THIS DECLUTTER GUIDE  
HELPFUL FOR YOU?

*Your feedback and thoughts help me reflect and try to  
add more value by sharing my experiences and learnings.*

*It's also great motivation for me to keep going!*

*Feel free to share your updates, questions,  
before-after photos or even complaints at*  
**[hello@eyeofthecalm.com](mailto:hello@eyeofthecalm.com)**