



# JUMP-START!

one month to a better you

FEBRUARY  
2023

## Declutter FOR A MONTH

With the new year in full swing, taking some time to go through household items is a great way to get organized. Although clutter seems relatively harmless, it can bring unneeded stress and the sense that life is out of control.

In order to declutter, we need to define it. Clutter is anything that you are holding on to that doesn't add value to your life. The result is a home with belongings that truly matter.

**This month's challenge is to take a few minutes each day and declutter. Here are some tips to get you started and keep you motivated to finish strong!**

**1 MAKE A PLAN:** Write down all the "clutter spots" in your house. Set a goal to complete them over the course of the month. Your goal may be to declutter one room or multiple rooms.

### **2 ASK YOURSELF THESE QUESTIONS:**

- Is it broken or missing pieces?
- Is it expired?
- Do I have multiple of the same item?
- Have I used it in the last 6 months to a year?
- Is it dingy or stained?
- Does it fit?
- Does this item bring me joy?
- Is this item stored in a junk drawer because it doesn't serve a purpose?
- What is the worst thing that could happen if I get rid of it?

### **3 LABEL FOUR BOXES:**

**Keep** – These items bring joy to your life and have a specific place in your home.

**Donate or Sell** – Only donate or sell items in good, working condition. Be honest with yourself. Will you take the time to sell these items. If not, donate.

**Trash** – It is ok to throw things away. Remember, all the work will be worth it.

**Storage** – Seasonal items or sentimental items. Put these items in bins and label them. Neatly stack them in a designated area.

**4 EMPTY EACH BOX IMMEDIATELY:** Don't clutter your home with boxes that need to go to the trash or donation center!

**5 TAKE BEFORE & AFTER PICTURES:** Enjoy the process, and create a clutter-free home you love!

### **How to Participate:**

Use your calendar to track the monthly challenge. Send your calendar back to us by the deadline for your chance to win a cash prize at our quarterly drawing. You could win \$75, \$150, or \$300 in CASH! Sorry, participants can only win 1st place once per year.

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## RECORD THE DAYS YOU TAKE A FEW MINUTES TO DECLUTTER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	TOTAL
			1	2	3	4	
5	6	7	8	9	10	11	
12	13	14	15	16	17	18	
19	20	21	22	23	24	25	
26	27	28					

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**\*\*ATTENTION\*\*** The Jump-Start App is under revision until further notice.

❶ In the space provided, record your name and group name.

❷ Sign and date when completed.

❸ By the deadline to the right, mail, fax, or email your signed page to Wellness Partners:

Wellness Partners  
106 West 3rd Street  
P.O. Box 488  
McCook, NE 69001

[www.wellness-partners.org](http://www.wellness-partners.org)  
[healthyliving@wellness-partners.org](mailto:healthyliving@wellness-partners.org)  
P: 877.345.7775  
F: 308.345.1975

### DEADLINES FOR QUARTERLY DRAWINGS

**QUARTER 1** (JAN/FEB/MAR)

Winners announced in June

**APRIL 5**

**QUARTER 2** (APR/MAY/JUN)

Winners announced in September

**JULY 5**

**QUARTER 3** (JUL/AUG/SEP)

Winners announced in December

**OCTOBER 5**

**QUARTER 4** (OCT/NOV/DEC)

Winners announced in March

**JANUARY 5**

Name \_\_\_\_\_ Group \_\_\_\_\_

Signature \_\_\_\_\_ Date Completed \_\_\_\_\_



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