

THE  
*Clutter*  
CONUNDRUM

*with Martina Jay*

**Masterclass  
Workbook**

unclutter  nutter

WELCOME POWERFUL WOMAN!

# I'm so glad you're here!

My name is Martina but you might also know me as the Unclutter Nutter - and believe me, it's more than just a brand name. It's my life's passion and mission to help women around the world realise that life doesn't have to feel overwhelming and stressful. You don't need MORE to make you feel good and experience more satisfaction.

You CAN have a life that flows easily, feels aligned and organised without the feeling of being stuck on the hamster wheel of life and if you dare get off, the world around you will fall apart.

The physical world around you has such a big impact on how you feel, how you think and how you operate so why aren't people shouting it from the rooftops? Well, here I am!!! Don't let your physical world – and the clutter in it – take over your life!

## What's my story?

To give you the VERY brief version, here goes!

I traveled A LOT. I was a teacher, I lived across the sea from any of my friends and family so I had this obsession with being organised so that life didn't feel out of my control. Life was busy...but it was fun.

Then I had twins and got a mortgage.

I found myself feeling lost, constantly stressed, surrounded by 'stuff' that I thought would help me but was only causing me more overwhelm and frustration. Even after the girls were a little older, life felt unorganised. Constantly too busy. Life just started to feel hard **all the time**.

I never had enough time or energy. My home felt messy and cluttered (which caused me more frustration and stress) and I definitely needed some headspace. But I didn't know how.



That's when I realised life needed to change. I needed to make some shifts so that I could go back to actually ENJOYING my life again – without the overwhelm.

## Why listen to me?

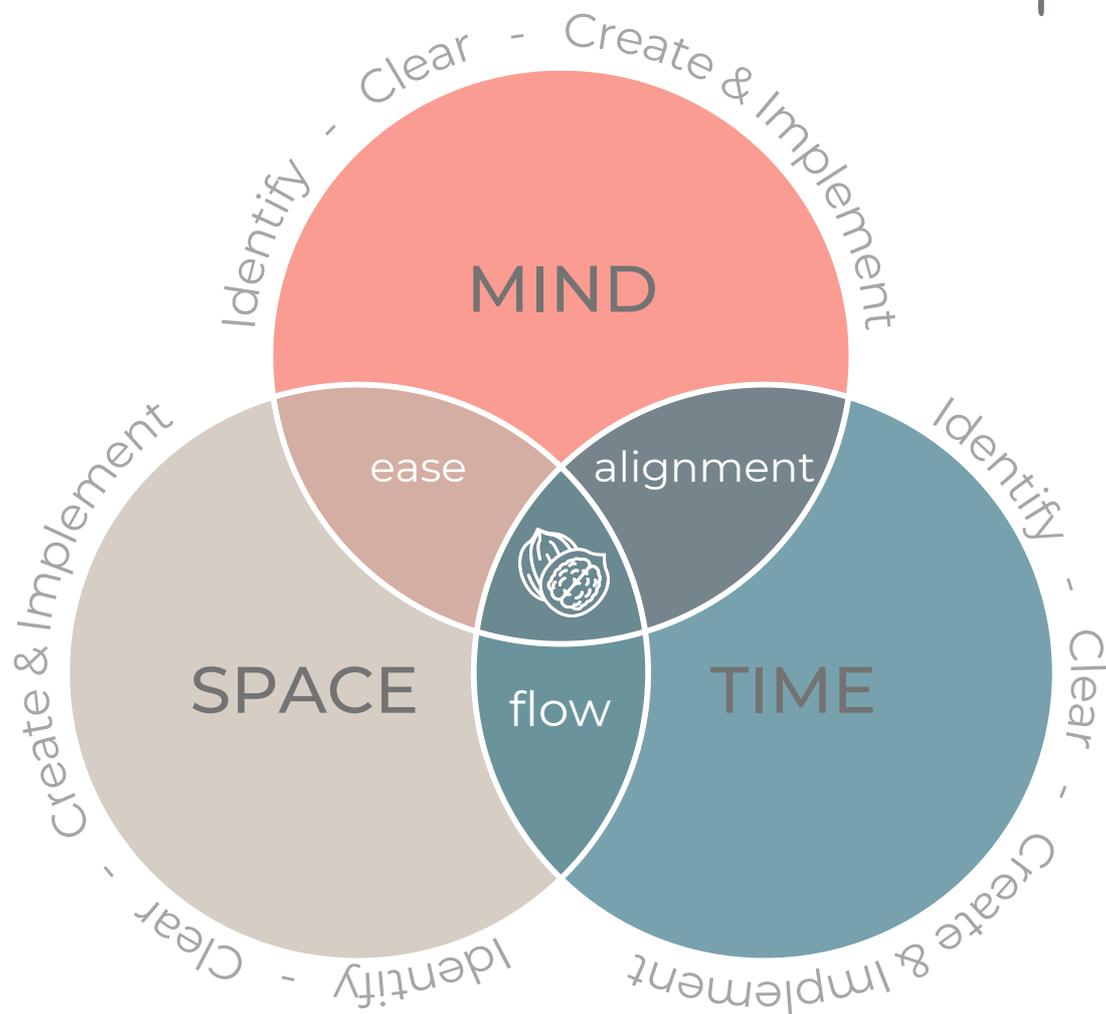
Fair question! Other than being madly in love with the idea of having a decluttered life and having more time, space and mental clarity to live my life on my own terms, I also have some pretty handy experience under my belt.

I'm an ABNLP certified Neuro-Linguistic Programming practitioner and coach, a TLTA certified Time Line Therapy practitioner, a Reiki Level II certified practitioner and soon to be certified Hypnotherapist! (Did I mention I'm a certified teacher with 12+ years experience?) I've also spent a big part of my life rearranging my physical space so that it works for me and supports me in life. In short, decluttering is my 'thang'!

If you're ready to get to the root of your clutter stress and start decluttering your life from the source to see first-hand the benefits it brings, then you are in good hands!

♥ Martina

# The Unclutter Nutter Method

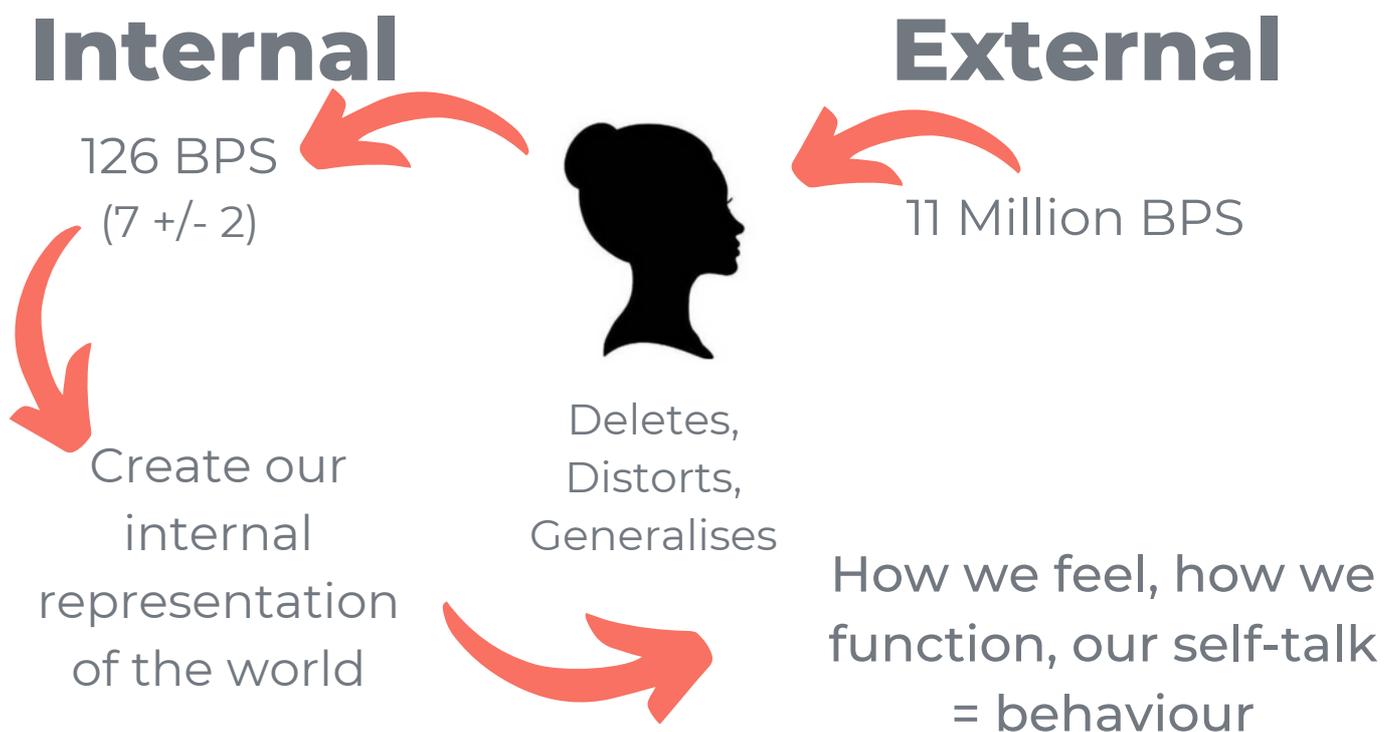


To Achieve  
Ease, Alignment, Flow  
& Empowerment

# What's the big deal about clutter?

'OVERWHELM DOESN'T HAVE TO BE THE NORM'

## The Model of Internal Representation



This explains how our outer world (your physical space, your clutter!) can have such an effect on your inner world (how you feel, think and eventually how you react and respond.)

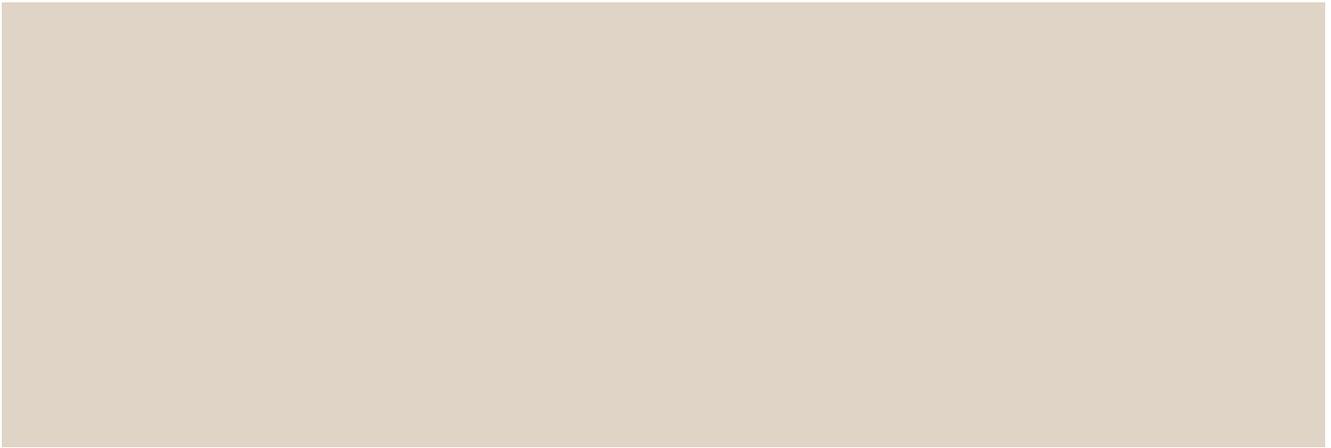
So in order to get your inner world to feel calm and controlled, we want your outer world (the parts that we can control) to reflect what we want on the inside to 'set the stage' for our desires.

What's your true purpose for decluttering?

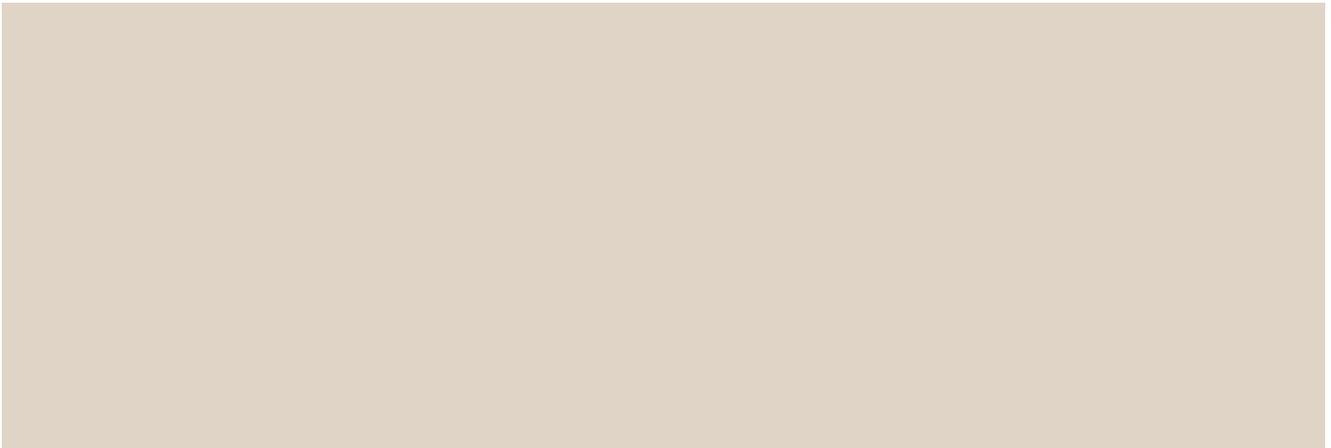
‘IN A BUSY LIFE, THINGS WITHOUT  
MEANING NEVER GET DONE.’

What's your WHY statement?  
Make it meaningful.

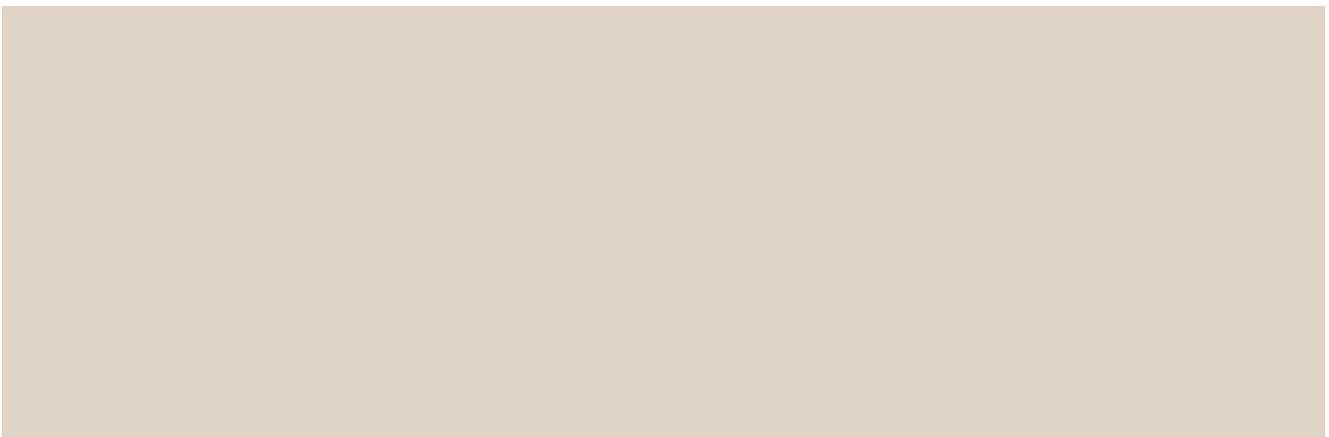
Your past:



Your present:



Your future:



What's different in your future to what your current reality is?

Blank space for writing an answer to the question above.

**Key Questions to Ask Yourself and ACTION!**

1.

Blank space for writing an answer to question 1.

2.

Blank space for writing an answer to question 2.

## Top Decluttering Tips:



## Strategies that resonate:



My main challenge:

[Empty space for writing the main challenge]

Key question to ask yourself:

[Empty space for writing the key question]

Notes & Main Take-Aways

[Empty space for writing notes and take-aways]

# Ready to declutter your life and feel empowered?



Decluttered From the Roots Up is a powerful 24-week group coaching program that will allow you to declutter your MIND, your TIME and your SPACE so that you can take back control of your life and live it intentionally – with more time and headspace for the things that truly matter to you.

Learn how to stop feeling overwhelmed, frustrated and too busy to actually enjoy life the way you want.

- 3 modules focused on MIND, TIME & SPACE using my 'Unclutter Nutter Method'
- 12 weeks of group coaching & 12 weeks of support as you continue to declutter
- Live calls each week for 12 weeks
- Weekly focus and tasks to help you combat the overwhelm and get you on your way to feeling ease, flow and empowerment
- Weekly Q&A session for all the support and guidance you need
- Supporting PDFs and documents to walk you through each week's focus and tasks (that you can come back to whenever you want)
- A community of aligned, inspiring and supportive women in a private Facebook group that you can grow and learn alongside
- And much, much more!

[YES, TELL ME MORE!](#)