



Quantum DeJunk-A-Palooza™ Weekend Event

Welcome! We are so excited you will be taking the plunge into the **Quantum DeJunk-A-Palooza™** with us!

PREP: In preparation for our time together, we will ask you to do the following:

- Go through the remainder of this guide and get clear on your intentions for our work together.
- Be sure to clear your calendar for the weekend as much as you can and let those closest to you know to keep interruptions to a minimum.
- Obtain a timer (kitchen, tablet, watch, etc.) for timing our 30-minute Integrity Intervals, one of the critical processes that will ensure your success. While we will guide you further during this process, the 30-minute Integrity Intervals help us keep pace through the weekend. After each interval we ask you to take even a short break to really take in your progress and sense of accomplishment along the way as well as to keep your momentum going. Please resist the urge to push through! You can then continue with additional timed segments throughout the day.
- Water, water, water and healthy snacks to hydrate and fuel your experience.
- While we light an Integrity Candle for the duration of the weekend, you may feel free to add this element if it speaks to you.
- Friend Marilena on Facebook (optional) or accept her invite to add you to our private support page.
- Plan to be on our Kick-Off call if you can on Friday night at 8 PM ET (call will be recorded),

PROCESS: While DeJunking™ as a “whole coaching process” is rather in depth involving many layers of body, mind and spirit, for our purposes this weekend, we will focus on clearing more surface clutter that may be impeding progress and forward movement for the year ahead.

CHECK IN CALLS: At the appointed check-in times, please dial into the conference line below. Check-ins will last about 10-20 minutes... during this time you will set your goals and intentions for the next two hours...and debrief anywhere you may be challenged or stuck or need support. Our participants say these calls are among the most valuable part of the weekend. Keep in mind, while we record our Kick-Off and Celebration calls, Check-in's are not recorded.

FACEBOOK GROUP: Within a few days of our event, a secret Facebook group will be created for your group. We use the page to communicate and post with one another through the weekend. We encourage sharing but it is voluntary. The secret group page will remain available to you for 60 days post our event.

HANDLING YOUR SCHEDULE: This weekend was designed so that if you have a need leave us for a while, need an extended break, or tend to other things, you may do so and then rejoin us for the next possible check in. We are holding the space for two days and you can be with us for any or all of it. Our time frame is meant to offer you optimal space to get your projects done despite any other commitments or your time zone. It is recommended that once you set an intention for a two-hour stretch that you check in to report your progress at the next check-in time. Of course, the more you can participate, the more benefit you will have.

WHAT TO DEJUNK? It is critical that for this weekend... that you choose areas to work where you feel you will have a chance to make significant progress or even complete the project. Below you will see a list of some areas to consider and attached is also a broader Clean Sweep Check list which may help you generate ideas for this weekend and beyond.

HANDLING WHAT COMES UP It is normal for various feelings to arise during this process. Taking some time to honor those feelings and work through them a bit is all part of the DeJunking™ process at a deeper level. For the purposes of today, it is okay to move on to a less “charged” area to DeJunk™ or to take some time to sit with the feelings or even journal about them. If you are truly stuck and can’t move forward, please feel free to bring this to our check-in call for support. The key is, no matter what, to be GENTLE with yourself. We all hold on to various things for various reasons and wherever you are, remember it is totally OK.

Areas for Possible DeJunking™

(Check any that apply. Add others not on the list. Then prioritize the areas you wish to work on.)

- Office/Desk
- Office/Files
- Bank Papers
- Bank Book
- Book Shelves
- Purse/ Briefcase
- Kitchen/Pantry
- Closets
- Drawers
- Clutter zones: table tops, junk drawers, counters, cabinets, etc.
- Storage Rooms/spaces
- Car
- Laundry area/Laundry to be done
- You can also start a project you have been putting off like writing a book out line/newsletter
- Other _____
- Other _____
- Other _____

SUPPORT YOUR SUCCESS: Minimize your interruptions during the day or enroll help from those who are most supportive. Be sure to hydrate and have quality snacks available. Your brain and body need fuel in order to think clearly and keep energy levels where they need to be to keep moving ahead.

CHECK-IN TIMES: (All EST) Plan which ones you will attend:

Kick-Off Conference Call: Friday 8 pm EST (recorded)

SATURDAY: 9am, 11am, 1:30pm, 4pm, 6:30pm, 9 pm.

SUNDAY: 9am, 11am, 1:30pm, 4pm, 6:30pm, 8pm: Wrap-up Tele-Celebration!

Wrap-Up Celebration Conference Call: Sunday at 8 pm EST (recorded)

CALL-IN NUMBER:

(hosted by zoom.us)

You can either just dial in (audio only) or Join by computer (use computer or the phone for audio)

Video is optional.

Join the Online Meeting: <https://zoom.us/j/4357510690>

Dial-In Numbers:

+1 646 876 9923

+1 408 638 0968

+1 669 900 6833

(International numbers please check your welcome email or check directly with zoom.us- if you have any difficulty, please email/contact us)

Meeting ID:

435 751 0690

MEASURING YOUR PROGRESS: At the end of the event, we'll be asking you for a final count of what got done so we can add it to the list of Quantum DeJunk Challenge™ success stories. You can measure this in any way you like. Number of bags/boxes thrown/given away, number of items, pounds of trash, Number of areas cleaned. Keep a list as you go so we can add it to our totals!

ONGOING SUPPORT: Once we celebrate on Sunday evening you will be automatically added on Facebook to our Quantum DeJunkers page for all alums of this program. There you can find continued support and accountability through an amazing community. Many of our DeJunkers have participated in up to 10 weekends as they enjoy the structure and support we provide. For this reason we have created a Frequent DeJunkers Club... where should you sign of for three of any of our DeJunking Programs, you get the fourth one on us!

QUESTIONS? Email: support@quantumcoachingmethod.com



Clean Sweep: Environment

Instructions: Answer each question. Be rigorous with yourself. If the statement is sometimes or usually true, please do not check the YES box until the statement is virtually always true for you. If the statement does not apply to you, or will never be true for you then check the YES box.

Print this form so that you will have a record of your responses, and a reminder of focus areas.

No	Yes	
		1. My personal files, papers and receipts are neatly filed away.
		2. My car is in excellent condition. (Doesn't need mechanical work, repairs, cleaning or replacing.)
		3. My home is neat and clean. (Vacuumed, closets clean, desks and tables clear, furniture in good repair; windows clean)
		4. My appliances, machinery and equipment work well. (Refrigerator, toaster, snow-blower, water heater, toys)
		5. My clothes are all pressed, clean and make me look great. (No wrinkles, baskets of laundry, torn, out of date or ill-fitting clothes)
		6. My plants and animals are healthy. (Fed, watered, getting light and love)
		7. My bed/bedroom lets me have the best sleep possible. (Firm bed, light, air)
		8. I live in a home/apartment that I love.
		9. I surround myself with beautiful things.
		10. I live in the geographic area of my choice.
		11. There is ample and healthy lighting around me.
		12. I consistently have adequate time, space and freedom in my life.
		13. I do not feel damaged by my environment.
		14. I am not tolerating anything about my home or work environment.
		15. My work environment is productive and inspiring. (Synergistic, ample tools, and resources; no undue pressure)
		16. I recycle.
		17. I use non-ozone depleting products.
		18. My hair is the way that I want it.
		19. I surround myself with music that makes my life more enjoyable.
		20. My bed is made daily
		21. I don't injure myself, fall or bump into things.
		22. People feel comfortable in my home.
		23. I drink purified water.
		24. I have nothing around the house or in storage that I do not need.
		25. I am consistently early or easily on time.

Created by COACHU founder, Thomas Leonard – www.clean-sweep.com

My Intention for This Event:

This Weekend, I will tackle the following area(s) in this order:

What I know for sure I want to get done:

What I will tackle if there is still time:

My reason for wanting to DeJunk™ this area(s) of my environment/life:

When I get distracted, want to avoid it or get tired I will:

(Take a break, switch to another area, sit and notice what comes up for me, get some water, a cup of tea or a snack, take ten deep breaths, do 10 jumping jacks, etc.)

When I finish I will celebrate by:

My Tally Sheet: Today I have DeJunked™ the following:

(Find a way to quantify your DeJunk: i.e. I have cleared 50% of my desk top, I threw away 10 bags of garbage, I boxed three cartons to give away, I did 5 loads of laundry, I journaled about my stinkin' thinkin' for 45 minutes, I was gentle with myself 90% of the time)

Other things I noticed that came up for me or I want to follow up on: