

**think  
inside  
the box**



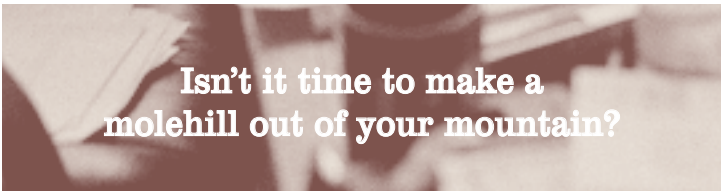
**cluttershrink®**

# you live in it every day

a world consumed by clutter,  
where time and space are  
no longer your own. You  
recognize the need to make  
a change, but don't know  
where to start.

## Cluttershrink can help you alleviate the

- stress caused by the chaos of both physical and mental clutter
- inability to find things quickly
- lack of time to do things that are important and fun
- feeling that organizing is boring, if not impossible
- anxiety caused by the logistics of a life event—a move, marriage, career change or birth or death in the family
- embarrassment when friends or clients visit your disorganized home or office
- financial burden of buying duplicates or replacements for damaged or lost items
- poor use of space in your home or office



**Isn't it time to make a  
molehill out of your mountain?**



# create structure and order

with customized solutions  
that address your personal  
preferences and needs.

Partner with Cluttershrink  
and start to see results  
after just a few hours.

By helping you define what items and activities are important to you, Cluttershrink will assist you in creating an organization system aligned with your goals and objectives. After all, an organization system will not work unless it motivates you, makes sense to you, and is easy to use.

**In a short time with Cluttershrink, you will begin to**

- benefit from an instant return on investment—getting organized will give you back your only non-renewable resource—time
- recognize the improved visual appeal of your home or office
- appreciate a restored sense of order
- learn how to make decisions about what to keep, donate, sell, or discard
- reduce feelings of anxiety and being overwhelmed
- conquer obstacles that prevented you from getting organized before
- gain confidence in your ability to learn and utilize effective organization skills



# you want life to be simple

and you are ready to get organized. Enjoy the benefits and the personal rewards of an organization system designed with your lifestyle in mind.

## Time Management

- with improved time and calendar management, you avoid over-committing yourself
- your increased productivity and improved personal performance cause others to see you as more dependable
- more time for you means you can focus on the things you **want** to do rather than the things you have to do

## Personal Improvement

- your increased sense of being in control reduces stress and improves your confidence
- with an improved self-image, you no longer worry about welcoming people into your home or office
- the obstacles standing in the way of success have been removed

## Space Management

- your new clutter-free environment adds value to the space and items you already have
- you can find things quickly and have a logical and safe storage system for important documents and keepsakes
- you benefit from improved financial health—no more late payments or duplicate and unnecessary purchases

Congratulations on your success! You have set the foundation needed to maintain a personalized organization system in your home, office and life!

**Let's make a molehill out of your mountain.**

# the box is your friend



Cluttershrink motivates individuals to simplify their lives by eliminating physical and mental clutter. Through encouragement and coaching, individuals discover the tools needed to create an environment that renews confidence, promotes success and replenishes what people need most—more time!

## Home

- kitchens, bedrooms & bathrooms
- closets & pantries
- attics & basements
- playrooms
- garages & sheds
- cabinets & shelves
- photographs & memorabilia
- mail & subscriptions

## Home or Corporate Office

- desks, cabinets & shelves
- filing systems
- paper flow

## Life

- family, personal & work calendars
- meal planning
- housekeeping task management

## Other Services

- preparing a home for sale by reorganizing space & eliminating clutter—revealing more spacious storage areas & enhancing the visual appeal of the home

- organizing, packing, & unpacking for an office or home relocation
- furniture positioning for optimal use of space
- selecting & shopping for organization supplies
- custom group seminars & consultations

Need a unique gift idea for a family member, friend or work associate? **Cluttershrink offers gift certificates!**



## crystal sabalaska

professional organizing consultant

Crystal graduated *magna cum laude* from Villanova University with a Bachelor of Arts in English. Crystal's business history encompasses experience in project and records management, human resources, event planning and sales. Turning her passion for organizing into a career, she founded Cluttershrink in 2002. She has appeared as a featured organizer on several episodes of HGTV's series, *Mission: Organization*, and is an active member of the National Association for Professional Organizers (NAPO).

"Crystal is truly an organization goddess! I moved into a new office at work, but never had the chance to figure out where everything should go in my new space. In only a few hours, Crystal worked with me to figure out a personalized system which made the most sense for me...I was so pleased with the results that Crystal is now working with me at home and, in only one session, we have already gotten rid of so many unnecessary things and cleared out badly needed storage space." – J.B., Program Manager

"I worked with Crystal in the past and welcomed her high energy and flawless memory back in my life. I even received another surprise with her reappearance—a totally clutter-free environment in a very small room. Anytime I need an important document or file, I know exactly where to find it. She welcomes my input on systems that work best for me and my environment."

– Judith Bonaduce-Barrett  
RN, MSN, C.

"Thank you for coming to my house and spending Saturday morning with me. My expectations were pretty high, but you exceeded them. I was really impressed with the way you enjoyed ripping through clutter like a white tornado and organizing everything instantly. I also like the way you were able to provide a lot of motivation without being pushy or insensitive. You were able to communicate with me exactly on my level, with just the right mix of silliness and seriousness."

– Frank, Pennsylvania