



Queen Sweep

— MASTERCLASS —



Week 1



**Mastering The Art Of
Making Your Home Beautiful**





Welcome

TO THE QUEEN SWEEP MASTER CLASS!

I'm so glad you're here. I've now walked thousands of people through the tools and principles of The Queen Sweep, and it's been incredible to see what has unfolded in people's lives as a result.

I have seen again and again that if you embrace this process (even if you just do the minimum weekly assignments, I swear!) and keep showing up, queen sweeping can change not just your home but your whole life.

Why? Because the inner and outer aspects of our lives are intimate reflections of each other. As you lay down new habits, you lay a path to a whole new way of living. As you make your home more beautiful, you create new space inside yourself for creativity and courage to bloom. And as you clear clutter and toss outfits that pinch in the wrong places, you also clear out constricting beliefs about who you are and what you deserve.

For the record, I believe that you deserve a life that is GORGEOUS.

Some people think this is scandalous and self-indulgent and selfish. I beg to differ.

Women who let themselves fall deeply in love with their own lives and dare to make them gorgeous? Let me tell you about



WEEK 1 RUNDOWN

Assignment:

Use the 80-20 rule to beautify one spot in your home.
(30 minutes)

Daily Habit:

Let yourself luxuriate in the beauty you've created. Celebrate what is working with wee brags.

More:

Keep using the 80-20 rule
The Fly Lady 27-Fling Boogie
Make a list
Analyze a hot spot





them. *They become generous fountains of joy, kindness, and compassion.* They have a special shimmer. And it's contagious! They can't help but spray that shit all over the people around them, too.

I've said elsewhere that my secret agenda is a global takeover by the wise women. The first step to living like the wise woman you truly are is getting your shit together, because it's hard to do your important work in the world when you can't find your keys. So by all means, we'll clear clutter, make lists, and get organized. Absofuckinglutely we will.

But the next step, the glorious part of being a wise woman, is making it all gorgeous. Why?

Because joy. Because life is short. Because *ithankyougodformostthisamazingday* and *e e cummings* and sunsets and babies and peonies. Because we are here for more than drudgery, my royal beauties of valor and glory.

So as we go around the spiral together (more about that in a minute), keep in mind that we aren't just aiming for order and tidiness and efficiency—we're aiming for beauty, joy, and laugh-out-loud exhilaration.

That might seem like a lot to ask from a course about getting organized. But in my experience, most of us have a lot of our attention locked up in our clutter, and when we start to clear that out, we release big beautiful amounts of energy and momentum. It just might make you giddy.



My Personal Story

This program was born directly out of an intense period in my own life when I hit maximum saturation. I created The Queen Sweep tools out of desperation, because I so badly needed them myself.





After my daughter was born, I was running on no sleep, trying to manage a household, care for my sweet baby, and wrangle a career that often required 14-hour childcare stints with only a few hours of notice. I'd been a fly-by-the-seat-of-my-pants girl before that, and it had worked just fine, but holy moly—suddenly I needed bigger guns.

So of course I stayed up too late, blearily reading books on getting organized, because that's what literature majors DO even when we ought to be sleeping. I discovered that there are many worthy tomes out there on the topic.

Unfortunately, it turned out that most of them would only work for me if I were already the sort of person who liked spreadsheets and could alphabetize my soul. That wasn't me. Nope, I was all right-brain creativity, big feelings and inspiration. I had good ideas but not enough follow-through.

Also, according to the books, it appeared that I needed to have about 60 spare hours a week to devote to my organizational system.

Whereas I had exactly 30 seconds a day to spend on my organizational system, and usually I spent it cleaning up splatters of baby food.

I started and abandoned approximately 87,000 organizational systems before my daughter was two. I finally realized that I was going to have to make my own damn system.

After much trial and error, I got it down to a few basic requirements. My new system had to be simple enough that I could do it even in my sleep-deprived state. It needed to work for someone who thought in spirals rather than straight lines. It needed to have enough fluidity to it that I could juggle my complicated life, but still give me enough structure that I didn't end up wandering around wondering what day it was and going down internet rabbit holes sneakily disguised as helpful household hints on pinterst.

Most importantly, it had to be robust enough to handle a working mother's life....and this was the tricky part. (Most of the fine organizational experts who wrote those books must have had a full-time homemaker and assistant on staff they forgot to mention. I can't tell you how many times I dutifully mapped out my whole week according to some new and complicated system and then went, *WAIT but*





what about the groceries and the house cleaning and the children?!?!?! Those things were apparently supposed to take care of themselves, invisibly. Unfortunately the only angel in my house was me, and I was cranky.)



I Needed A Blank Space, Baby

I bumbled along with my color-coded lists and my three-tiered prioritization systems and my daily routines that fell apart each day by 6:42am and then, one day, I had an epiphany. *Thank all that is holy.*

I was walking by an art gallery.

I didn't go in and actually look at the paintings, of course—oh heavens no, I was walking briskly to my next meeting with only seconds to spare—but those white walls with beautiful colors blooming on them made my heart ache with longing.

It suddenly occurred to me that it couldn't be an accident that 95% of the wall space in art galleries and museums all around the world is BLANK. Just empty white walls. I understood, with a huge jolt, that if you filled every inch of that gallery's walls with paintings (even beautiful paintings!) the overall effect would be chaotic and off-putting. I realized that the white space was what allowed the art to breathe and be enjoyed.

I craved beauty, and yet what I needed to create in order to have beauty was actually white space.

At the time, I had NO white space in my life. I lived in a small Tokyo apartment, so every inch was crammed full of THINGS. There was no white space in my schedule, either; every minute was accounted for, and it left me feeling like I couldn't breathe. What this meant was that anxiety and chaos reigned in my mind and spirit. I felt panicky and defeated all the damn time. I was working SO hard but I always seemed to be perpetually behind!





I've since learned that the way we live in the physical world is an incredible mirror of what is happening inside us, and vice versa. Most coaching programs work on the "inside stuff" like thoughts and feelings. This can be hugely valuable, of course.

But it turns out that it works even better the other way: outside in.

When you start to change things in the physical world, and you make it more beautiful, you can't help but shift your inner reality as well. What we are interacting with on a daily basis sends powerful signals to our unconscious. That's why when we are living in chaos, it's nearly impossible to feel inner peace, but you can change your body chemistry just by changing your posture.

I want to back up a bit and remind us why we're doing this in the first place. It isn't because we want to be the people with alphabetized closets that are cross-referenced by date and neurosis. In other words, we're not clearing out crap because it's virtuous or efficient—no no no. We are doing it because we long for beauty. (You could also call it order, or grace, or flow, or comfort—it doesn't matter. I'm going to call it beauty.) And to appreciate something beautiful, we need some white space.

Have you ever gone to the store, seen something that was absolutely gorgeous, and splurged on it because you were certain that its magnificent specialness was going to transform your room? And then you brought it home and set it on the mantelpiece next to your greatniece's play-doh candlesticks and the curling Christmas cards and—and—it didn't look amazing at all?

This is the reason why art galleries have white walls and little else.

White space.

Feng shui practitioners talk about this in a spiritual sense, too; they say that you need to open up space in your life if you want to call in something new. Julia Cameron says that the universe abhors a vacuum. In any case, the most powerful way I know to create beauty is to first clear a space in which it can bloom.





Whoosh!

This program is called The Queen Sweep because we are going to be taking our metaphorical “brooms” and sweeping out our inner and our actual houses. We’ll be creating white space in our homes, closets, and calendars. And when we do that, we are literally making room for beauty, momentum, clarity, and joy.

So how do we do this exactly? You might feel overwhelmed already just at the thought of how much work lies ahead of you. Don’t worry, I’ve got two powerful allies who will help us through the process—the gift of completion, and the energy of celebration. You’ll learn more about these as we dive into this week’s assignment: making one spot in your home truly gorgeous.

You’ll hear me refer often to these two concepts, and we’ll apply them to everything we do in the coming weeks.



Up The Spiral

In fact, as we move through various aspects of your life and home, from your bathroom to your wallet to your desk, you’ll hear me referring to many of the same ideas and concepts over and over again. That’s because we don’t learn things in straight lines, we learn them in spirals. This is easy to see in our emotional and spiritual lives—we don’t ‘get over’ our issues so much as find ourselves coming around and around to the same themes, just from a more elevated plane each time.

The same is true when we consciously shift long-ingrained habits of behavior, like the way we care for our homes or manage our money or our schedules. The habits that you learn in week 2 will serve you in week 5, and by the time you come to weeks 8 and 9, you’ll find that the work of week 2 is infinitely



easier than it was when you first started.

While this can be frustrating to those of us who long for speed, instant gratification, and superhuman time warp powers (ahem, cough, me) it can also be a source of comfort. It doesn't all have to get done this week, or even this month. You don't have to get it all perfect the first time. It's all interconnected, so work you do in one area can yield surprising results in others.

That also means that if you miss a week, I encourage you to just plough ahead to the next one. Don't worry about missing a crucial step; you can always go back later. But for now, just keep going and trust that you can keep spiraling around to get what you need. Here's why this is so important. If you miss one week, it's not the end of the world—but if you stop participating because you're "going to catch up first" you could end up missing the whole dang thing. Please don't let that happen! Just keep going.

I've been Queen Sweeping my life for a decade now. On the one hand, we're never done. There's always some tangle that could use some attention. But on the other hand, when I started this adventure, I never dreamed that I would end up with a life as beautiful as the one I now have. I just wanted to feel a little bit more in control of things! That was it!

But this process gave me far more than I expected. I now take for granted what once seemed impossible. My new normal is more than I'd ever even hoped for.

Here's what I mean: my house is always clean and beautiful. It just is. Bills get paid on time automatically and I don't carry personal debt. I love every item hanging in my closet. And perhaps most importantly, I have a clear overview of all the projects I'm working on at my fingertips. I still work hard, but I also rest deeply and play joyfully. The challenges keep getting more interesting, and things that used to take effort are now effortless. So while I'm still sweeping, I'm now working on clearing white space for truly delicious adventures, like writing books and falling in love. My goal for you is that as you wear your crown and start sweeping, you too will find that the time and energy you invest in your own life will yield fascinating and delightful results for you too. You just never know where this spiral might take you.

Whoosh! Up we go!





The Nine-Week Spiral

Here is what's coming up in the next nine weeks. You'll notice that we keep coming around to the same themes but in different parts of your life: clearing, beauty, expansion, powerful choices, joy, and then around the spiral again. You'll also notice that twice in the process we set aside a block of several hours to Deep Sweep—in other words, to tackle those big projects that can't get done in twenty minutes or on a weekday. You'll find more information about those Deep Sweeps in your class emails.



Week 1: Mastering The Art of Making Your Home

Beautiful. This week we lay the foundation with our two themes: the gift of completion and the energy of celebration. You'll harness the 80 – 20 rule so that tiny bursts of effort will yield massive transformation in your home.

Week 2: Mastering The Art of *Keeping Your Home Beautiful.* This week is all about habits. You'll create a crucial spot that will reduce panic by 8000%. (Clearly that's a number that came from spreadsheets and test tubes. Clearly.) You'll also begin the deceptively simple 5-minute practice that will—no kidding—change your life.

Week 3: Mastering The Art of Dressing Like YOU. This week we go into the closet and bring it all out into the light. We weed, sort, toss, and twirl as you powerfully declare who you are and what you want to broadcast to the world with your wardrobe.

*****We also have a Deep Sweep this weekend, where you tackle a tough tangle!!!*****

Week 4: Mastering The Art of Lists, Routines, and Keeping Your Head Screwed On. This week you'll get everything out of your head and onto paper so that you can hear yourself think. I'll give you the magic compass that will bring clarity to your most important power center: your own mind.



Week 5: Mastering The Art of Taming The Paper Tiger. This week we'll set up a filing system so easy that you'll be able to find anything in 2 seconds flat. Oh yes you WILL!! You'll learn the powerful question that will simply delete 90% of your paper overwhelm, and you'll learn the second daily 5-minute practice that will make you the boss of paper once and for all.

Week 6: Mastering The Art of Rest, Integration, and Guilt-Free Play. This week you'll—gasp!—rest, integrate, and play without guilt! I'll show you how to put your self-care on autopilot so it's non-negotiable, and how to handle pushback from other people with grace and badassery.

Week 7: Mastering The Art of Financial Ease. When you master your money, everything else gets easier. We're going to get proactive: you'll learn how to allocate your money so you feel light, powerful, and in control, and you'll automate things so that big surprises are no longer surprises, and saving stops being painful.

***** We also have a Deep Sweep this weekend, where you tackle a tough tangle!!!*****

Week 8: Mastering The Art of Financial Expansion. Using both spiritual and practical tools, this week you'll make a plan that woos your dreams AND gets things done in the physical world. You'll anchor your intentions in physical form so that you can start living in a state of true abundance.

Week 9: Mastering The Art of Doing What is Truly Important. This week you'll build on the foundation you created with your compass and lists (week 4) and look at the bigger picture. You'll declare priorities, and we'll create a plan so that they actually happen. This week you'll learn how to get out of the weeds and invest your time in what really matters to you.

Okay, royal beauty, are you ready to dive in and start making your home gorgeous? Here we go!



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Get yourself to QueenSweepMasterClass.com and make the rest of your life more beautiful!

