

Choose one place to start.

You do not need a tidy house, matching boxes or a complete plan. A useful first session begins with a practical change you want.

1. Name the everyday difficulty

"I cannot find what I need in the kitchen" is more useful than "sort everything". Choose the space that would make tomorrow easier.

2. Pick a realistic priority

Fresh Start gives one priority three hours. Home Reset gives a larger area or several smaller tasks six hours. Time is bounded; a whole room or home cannot be promised before scope is understood.

3. Keep decisions yours

Tell Carla what must stay, what you do not want touched, and who owns the belongings. Nothing should leave without the right person deciding.

4. Prepare only what is useful

Keep the working area safe to access. Set aside private papers you do not want handled. Avoid buying storage before we know what needs storing.

Your three-line brief

The space I want help with: _____

The change that would help most: _____

My limits or things to leave alone: _____

A gentle starting point

A free 15-minute call can help choose the right session. If enquiring for someone else, make sure they want the help.

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