

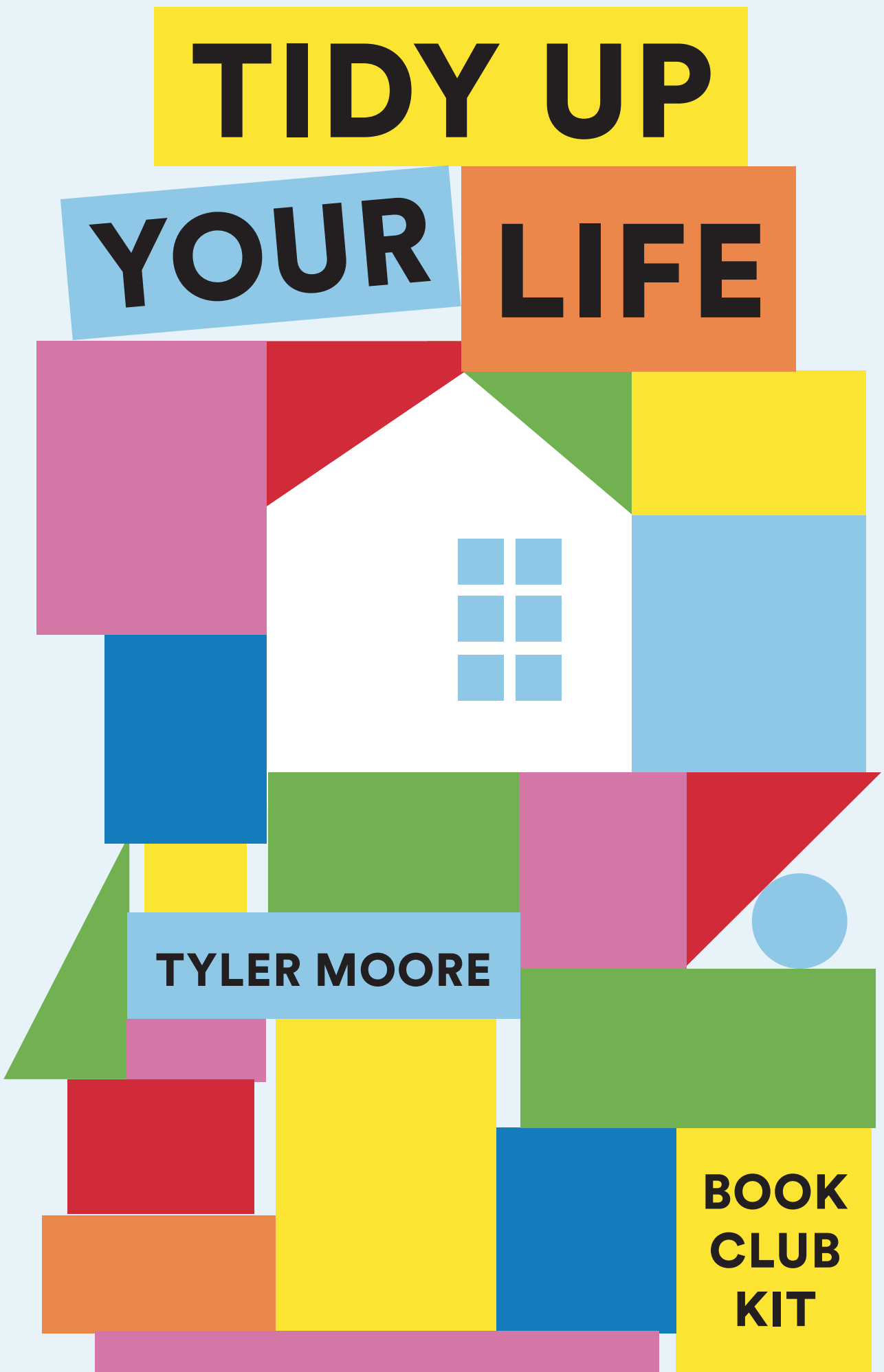
**TIDY UP**

**YOUR**

**LIFE**

**TYLER MOORE**

**BOOK  
CLUB  
KIT**



Dear Readers,

If you've picked up *Tidy Up Your Life*, your life might feel like a mess right now. There are probably dishes in the sink, laundry that needs to be folded. And you might be counting down the hours until you have to return to a job that feels like it is sucking all the mental and emotional energy from your life.

Or maybe you're in a book club with other members who are excited about organizing and decluttering, but you're not entirely sure it's something you want to tackle right now.

Here is the good news: you're not alone.

I've been there—standing in front of the mirror, taking a deep breath, and telling myself, “You're a mess,” followed by, “But you're going to be okay.” But this book goes beyond a quick pep talk. It offers practical strategies to help you not just make sense of the mess but get to the other side of it.

If your book club has chosen *Tidy Up Your Life*, it's likely because you share a desire to make space for what truly matters. That desire changed my life. When my wife Emily and I began tidying our home, it didn't just transform our space—it sparked something bigger. It inspired our family and friends, like my aunt, who proudly showed me her organized linen closet one Christmas, and our neighbor friends who transformed a cluttered walk-in closet in their apartment into a playspace for their kids.

And it didn't stop there. As Tidy Dad, I've received countless photos of before-and-after moments from followers—clear countertops, streamlined wardrobes, organized shelves. I've discovered that tidying is the deeply personal, emotional, and joyful process of bringing order to things. But tidying isn't just about stuff. It can be applied to our habits, routines, relationships, hobbies, and careers. It's about reclaiming time, energy, and clarity. It's about making room for connection, joy, and the things that matter most.

Reading this book with your book club makes the tidying journey even better. Together, you can cheer each other on, laugh at the “before” photos, and celebrate every victory. Use this time to ask yourselves:

- **Which areas of your life feel like the biggest mess?**
- **What small changes could make a difference?**
- **How can you support each other in taking action?**

Start small—a single drawer, a shelf, or one mental burden—and share your experiences. Community inspires action and reminds us that even the smallest changes can have a big impact. Knowing you're not alone can make the process more joyful and meaningful.

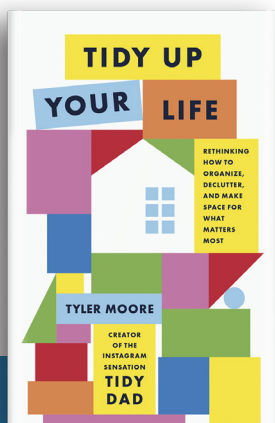
So lean on each other. Remind yourselves, “Yes, it's a mess—but we're going to be okay, and we're ready to do something about it.” Celebrate the wins, laugh along the way, and remember: tidying isn't about perfection. It's about creating a life where joy and purpose can thrive.

Go on—tidy up your life . . . together!

Warmly,

Tyler Moore

Author of *Tidy Up Your Life*



## CHAPTER ONE:

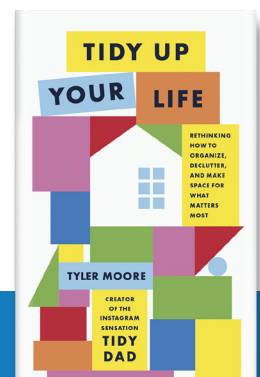
# UNPACK WHAT'S BEHIND YOUR MESS (DECLUTTERING 101)

1. What are some of the mental or emotional factors that contribute to physical clutter in your life? Can you identify any specific instances where mental clutter has manifested as physical clutter?
2. How do you feel when you are surrounded by clutter compared to when you are in a tidy space? What does this tell you about the connection between your mental state and your physical space?
3. What steps can you take to start acknowledging and addressing the root causes of your clutter? How might this process differ from simply tidying up the clutter in your space?

## CHAPTER TWO:

# DEFINE “JUST ENOUGH” FOR YOU

1. What does the concept of “just enough” mean to you? How might this concept vary across different areas of your life, such as clothing, cookware, or even professional responsibilities?
2. Can you identify any areas in your life where you currently have “too much” or “too little”? How might shifting your mindset to “just enough” impact your daily living and overall well-being?
3. How do you think your definition of “just enough” might change over time, and what factors could influence this evolution?



## CHAPTER THREE:

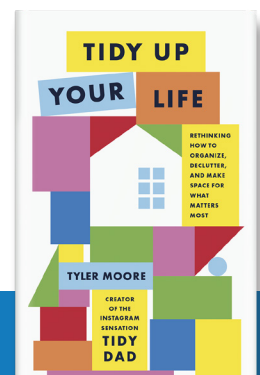
# FIND YOUR RHYTHM AND MAKE IT ROUTINE

1. What are your current daily or weekly routines that impact your time, resources, and energy? Which routines do you find particularly draining or inefficient? Which routines do you love?
2. How can you assess the rhythms of your life to identify areas that need improvement? What tools or methods might help you in this assessment? How can you involve others in the process?
3. After considering the above two questions, what small changes are you inspired to make to your routines? Name at least one practical solution you could try out this upcoming week.

## CHAPTER FOUR:

# EMBRACE “SURTHRIVAL”

1. Can you recall a period in your life when you were in “surthrival” mode? Did you manage to experience any opportunities to thrive in the midst of survival during that time?
2. What strategies could you intentionally implement to better manage your home, career, and relationships during stressful or transitional periods?
3. How can you ensure that you don’t lose yourself while navigating intense periods of life? What self-care practices or support systems can you put in place?



## CHAPTER FIVE:

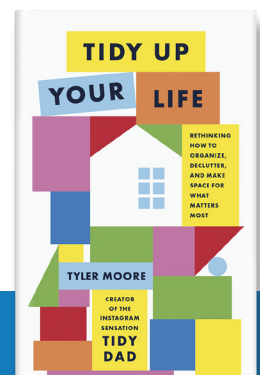
# STOP DOING ALL THE WORK

1. What household tasks do you find most overwhelming, and why? How can strategic thinking help you manage these tasks more effectively? Which tasks do you actually enjoy?
2. Can you think of ways to delegate, share, or eliminate household responsibilities to make them more manageable? What barriers might you face in doing so, and how can you overcome them?
3. How can you apply the principles of strategic thinking from your professional life to your household management? What similarities and differences do you notice between these two?

## CHAPTER SIX:

# THE ORDER OF THINGS

1. How does tidying your mind prepare you for tidying your physical spaces? What mental shifts need to occur before you can effectively organize your home?
2. What are some specific challenges you face in organizing different areas of your home, such as the living area, kitchen, bedroom, and bathroom? How can you apply the concepts from earlier chapters to address these challenges?
3. How might you design and organize your spaces to work for you rather than against you?



## CHAPTER SEVEN:

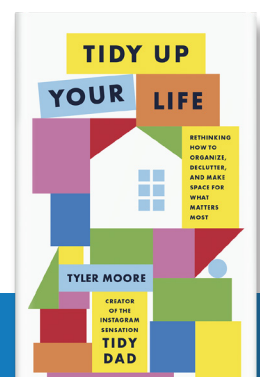
# LIVING ROOMS AND DINING ROOMS AND PLAYROOMS, OH MY!

1. How do the rhythms and routines of your family impact the way you organize and use shared living spaces in your home? Can you share any specific examples where you had to reconfigure a space to better support your family's needs?
2. The chapter discusses how shared living spaces evolve with life changes, such as having children or working from home. Have you had to make any significant changes to your living spaces due to a major life event? What challenges did you face, and how did you overcome them?
3. The concept of “zoning” is a way to manage shared living spaces effectively. How have you implemented zoning in your home, and what strategies have worked best for you in maintaining organized, multifunctional spaces?

## CHAPTER EIGHT:

# ORGANIZING YOUR KITCHEN LIKE A MASTER CHEF

1. How has the role of your kitchen evolved as your family has grown or your lifestyle has changed? Can you share specific examples of how you've adapted your kitchen space to meet new needs, similar to how the author adjusted his kitchen to accommodate their growing family?
2. The chapter discusses the importance of decluttering while also acknowledging the sentimental value of certain items. How do you balance the need to declutter with the desire to keep items that hold sentimental value? Are there any items in your kitchen that you've kept for sentimental reasons, and how do you incorporate them into your daily life?
3. How could you organize your kitchen to maximize efficiency? What impact could this have on your cooking and meal prep routines?



## CHAPTER NINE:

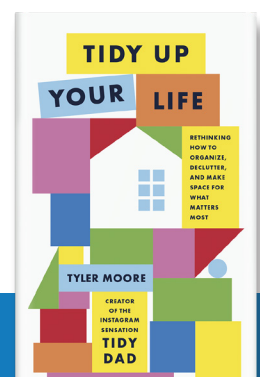
# A RECIPE FOR SWEET DREAMS

1. This chapter discusses the challenges of creating a restful bedroom environment amidst the chaos of early parenthood. Have you adapted your bedroom or your children's bedrooms to promote better sleep for everyone? What changes made the biggest impact on your family's sleep quality?
2. The author admits he frequently stashes items in drawers or baskets to get them out of sight — which makes them hard to find later. What habits (major or minor) have you noticed that make your day-to-day life a little less tidy in the long run? How might you combat them?
3. If you have children, how could you involve them in the decluttering process? What personal spin could your family put on the concept of the “joy shelf”?

## CHAPTER TEN:

# THE ORDER OF THINGS

1. Moore writes, “Every decluttering session invites you to learn something about yourself.” What have you learned about yourself through this process?
2. What decluttering techniques have you found most effective in maintaining a tidy bathroom? How do you decide what to keep and what to discard, especially with items that might be used occasionally? How do you stay focused on right now, and not the hypothetical someday?
3. What will you include in your personal glam station?



## EPILOGUE:

# EMBRACING THE BEAUTIFUL MESS

1. The epilogue emphasizes that tidying up both physical and mental spaces has been a catalyst for self-discovery and personal growth. Reflecting on the entire book, how has the process of organizing and decluttering influenced your own journey of self-discovery? What specific moments or changes have led to a deeper understanding of yourself and your needs?
2. The metaphor of building with blocks illustrates the importance of flexibility and the willingness to reimagine and restructure aspects of life. Looking back on *Tidy Up Your Life*, how have you learned to embrace change and adapt your routines or environments? What strategies have helped you maintain a sense of stability while allowing for growth and new possibilities?

