

THE UNSTUCK METHOD

Turn
stuck space into
productive space



ONE GOAL:
A HOME THAT SUPPORTS YOUR
FAMILY AND YOUR REAL LIFE



1



DIAGNOSE the problem

Identify what's making
the space feel
frustrating, inefficient,
or hard to use.

KEY FOCUS

- ✓ What's not working right now?
- ✓ What causes friction in this space?
- ✓ What would make life easier?
- ✓ What feels chaotic?

REMEMBER

💡 The problem is information, not a personal failing.

2



DEFINE the need

Clarify what your
family needs most from
this space right now.

KEY FOCUS

- ✓ Your season of life
- ✓ Your family's routines
- ✓ Pain points
- ✓ Family goals and/or priorities

REMEMBER

💡 Plan for your life, not someone else's.

3



DECLUTTER with purpose

Remove anything that
doesn't support the
vision for this space.

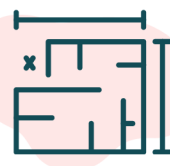
KEY FOCUS

- ✓ Keep what belongs and adds value
- ✓ Let go of what doesn't
- ✓ Make space for what matters to your family
- ✓ Quality over quantity

REMEMBER

💡 Less stuff. More function.

4



DRAFT the layout

Map out how every
square foot will be used
with intentional zones.

KEY FOCUS

- ✓ Identify your zones
- ✓ Give each area a clear job
- ✓ Make a plan you can visualize
- ✓ Plan before you buy

REMEMBER

💡 Every square foot serves a purpose.

5



DESIGN the solution

Choose furniture,
storage, and systems
that support your
zones and routines.

KEY FOCUS

- ✓ Function first, then style
- ✓ Smart storage that fits
- ✓ Choose furniture that matches your stage of life

REMEMBER

💡 Every choice should support your plan.

6



DEVELOP the space

Put your plan into action
and bring the space to
life one step at a time.

KEY FOCUS

- ✓ Implement your plan
- ✓ Set up systems
- ✓ Make your home work for you, not against you
- ✓ Progress over perfection

REMEMBER

💡 Small steps create big change.

7



DIAL IT IN test & tweak

Live in the space,
notice what works
(and what doesn't),
and adjust.

KEY FOCUS

- ✓ Test how the new space flows in real life
- ✓ Keep what's working
- ✓ Tweak what's not working
- ✓ Keep improving over time

REMEMBER

💡 The best spaces evolve with your family.