

Review of the Uncluttered Course by Joshua Becker



*Last updated on September 8, 2022. **Registration is NOW OPEN until September 18th, 2022, with a early-bird discount until Sunday, September 11th, 2022!***

All of us are aware of the benefits of a neat and uncluttered home. A UCLA study found that finding the time to sort and organize excess possessions can elicit “**substantial stress**” — which is something I’m sure we can relate to when returning to a house that’s crazy messy!

If you need a structured course to stay on top of organizing your home, **Uncluttered** is a 12-week online program that offers you guidance from one of the world’s top minimalism experts.

Joshua Becker is the founder of **Becoming Minimalist**. As you may know, his writing is frequently narrated here **across various shows** in the Optimal Living Daily network. *Uncluttered* was designed intentionally to help you live more through owning less. Freeing yourself from the burden of owning “too much stuff” allows you to live life to your fullest.

The online course includes interviews with thought leaders in minimalism (like Leo Babauta, Courtney Carver, and Ryan Nicodemus of *The Minimalists*), accountability, and an easy-to-follow weekly video structure. There is a “course resources” section to access previous recordings, and a “family resources” section if you’re going through the program in a family setting.

Here are some of the highlights of the course.

1) Your Guide and Instructor is Joshua Becker

Have you ever signed up for a course that said you'd have access to the instructor via live Q&As, only to find out later that the Q&A portion was far too rushed? As a participant, you want to feel heard whenever you have questions or need help.

Joshua is personally involved in the course, and this shows throughout the video modules, live chats, and his availability to members of the *Uncluttered* Facebook group.

The Q&As go beyond brief, one line responses. For example, one of the questions asked by a member during the live QnA was on “having a hard time” with getting her kids to keep areas clutter free and to pick up after themselves. Joshua didn't dismiss the kids as being lazy or undisciplined, and neither did he give a short response to quickly move on to the next question. He thoughtfully explained some habits that could help motivate the kids, and *why* those habits have been proven to give results.

2) The Course is Structured for You to Develop New Habits

The first 6 to 7 weeks of the course are devoted to Knowing Your Why for decluttering, before proceeding to unclutter your home in

manageable steps. There's even a week allocated to "Uncluttering For Your Family" for members who are going through the course with a partner or family members.

The second portion of the course focuses on how you can keep the positive momentum going by staying clutter-free. Going through the decluttering process for a few weeks is not going to last in the long-term if you slowly find your home getting disorganized again. This is why the module on maintaining healthy clutter-free habits is important, as it is your **habits** that will help you create a routine that minimizes clutter.

The units on **experimenting with less** get you to challenge yourself in the next step of your decluttering journey. There are a variety of ways to intentionally own less. Some members try out capsule wardrobes or go on a shopping ban. Others decide to limit the amount of time spent on television or social media.

The unit of the last module ends the course on a reflective, positive note that's grounded in reality.

3) Accountability + Encouragement


It can get lonely when you embark on a personal journey. And staying organized might not exactly be on your mind at the end of a long, tiring work day.

The sense of connection and support from the *Uncluttered* Facebook group is a motivational way to stay accountable throughout the program. Members are encouraged to ask questions and/or post updates on their progress and self reflections. Posting the before and after pictures of your decluttering is a nice way to share the tangible results of your efforts with other people who are in the same boat.

The accountability and encouragement is part of the culture that Joshua has developed for *Uncluttered*.

A little bit more about Joshua Becker...

Justin and Lee have met Joshua in person. They can vouch for Joshua's genuine interest in people — his sincerity and giving personality shine.



Justin and Lee with Joshua at FinCon 2018 in Orlando,
FL! Image from [@oldpodcast](#)

“You really feel that you’re being listened to,” says Justin. “Joshua’s a dynamic speaker, but he takes the time to digest what you say before asking anything else!”

Here's a quick video for you to get a sense of Joshua Becker's style and approach.

Declutter in 5 Minutes: 10 Quick Tips



Joshua Becker Quotes

These are quotes by Joshua Becker that have been featured on our **podcast's Instagram**.

1. “Owning less is great, but wanting less is even better.”
 2. “Intentionally living with less results in a life of less debt, less stress, and less anxiety.”
 3. “Likely the hardest part of staging your home for living is finding the motivation to get started.”
 4. “Let’s stop trying to impress others with the things that we own. And start trying to inspire them by the lives that we live.”
 5. “The more energy you put in removing the excess, the easier it will be to find and develop habits to better manage the things you keep.”
-

Uncluttered is only offered four times each year. **Registration is open now (began September 8th, 2022)**, but only until September 18, 2022.

You're a member for life once registered. If you want to do the course again as a refresher, you can! That's a pretty sweet and generous offer. It also gives you the opportunity to help guide newer members in the Facebook community who may have the same struggles as you when you first started decluttering.

You can **sign up for *Uncluttered* and use our link** to contribute back to keep our podcasts running. It's an affordable way to discover the life you dream about by purchasing and owning less, and give back to Joshua and our family of podcasts.

Is There an Uncluttered Course Discount or Coupon Code?

The best thing to do: Find the 25% off discount code in the back of Joshua Becker's book, "**The Minimalist Home: A Room-By-Room Guide to a Decluttered, Refocused Life.**" The book isn't required, but helpful in your journey to decluttering. It's cheaper to buy the book and use the discount code than it is to pay full price for the course, so it's like getting the book for free.

Another option: you can also try using the coupon code FF25 at

checkout and **with our link for a discount and the best price now.**

Tags: **course, joshua becker, minimalism, review, uncluttered**







Justin Malik

Justin Malik is the creator and producer of the **Optimal Living Daily** podcast network and hosts the OLD **personal development show**. He is an award-winning podcaster and audiobook narrator, and defines himself as a life-long learner and entrepreneur.



July 4, 2019

Share this on:    

Subscribe to Our Podcasts

I want to subscribe to Select Podcast on

 Select Device

Looking for Something?

Content

Home

Start Here

About

Our Story

Listener

Photos

Keep in

Touch

Contact Us



Our Weekly Newsletter:

- ✓ Get worksheets & checklists
- ✓ Inspirational quotes
- ✓ Actionable tips personally from Justin
- ✓ Spread Happiness :)

Subscribe →

© 2023 Optimal Living Daily | All Rights Reserved | Disclaimer & Privacy
Optimal Living Daily, LLC. 1 League #60051, Irvine, CA 92602. (614) 568-3643.
support@optimallivingdaily.com.