

# Declutter Your Life Challenge

## WEEK ONE: Physical Clutter

- Spruce Your Nightstand
- Clean Out Your Wallet or Daily-Use Bag
- Clear a Single Surface
- 15-Minute Fridge Refresh
- Drop Off a Bag of Donations

## WEEK TWO: Mental Clutter

- Try a Thought Download
- Delegate or Ditch a Single Task
- Move Your Body
- Complete an Annoying but Necessary Task
- Try a 15-Minute Flow State Activity

## WEEK THREE: Digital Clutter

- Silence Phone Notifications
- Spend 15-Minutes Unsubscribing from Unwanted Emails
- Delete Unused Apps from Your Phone
- 15-Minute Desktop Declutter
- Commit to Daily "Check Your Tech" Time



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## WEEK FOUR: Energetic Clutter

- Unfollow Accounts on Social Media That Bring Negativity or Stress Into Your Life
- Identify One Thing You've Been Holding Onto Emotionally and Consciously Choose to *Let It Go*
- Commit to a Screen-Free Hour Before Bedtime to Improve Sleep Quality
- Declutter Your Old Socks and Underwear
- Practice Five Minutes of Mindfulness

High five, you're a  
Declutter Your Life  
graduate!

