

# The 7-Day Declutter Kickstart

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## Dear Friend,

Welcome to your 7-Day Declutter Kickstart! I'm Lisa, your grounded, supportive guide through this refreshing and empowering journey. This isn't just about cleaning up your space—it's about clearing a path to your own freedom. When we let go of what no longer serves us, we create room for what truly matters. Each day, you'll receive a small, intentional task to help you simplify one area of your life. Together, we'll begin to reclaim your time, energy, and clarity.

Let's begin!

## Day 1: Declutter Your Entry Point

Clear your front door, entryway, or main landing zone. Create a 'no-drop' policy: keys, shoes, bags get a home.

Reflection Prompt: How does walking into a clear space shift your energy?

## Day 2: The 'Just One Drawer' Reset

Choose one drawer—kitchen junk drawer, desk, etc. Remove everything. Keep only what serves a purpose.

Quick Tip: Use a small tray or box to organize the 'keepers.'

## Day 3: Detox Your Digital Life

Unsubscribe from 10+ emails. Clean your desktop and phone screen.

Bonus: Unfollow 5 accounts that trigger comparison.

## Day 4: Declutter a Closet Shelf or Surface

Choose one: top closet shelf, bathroom counter, or dresser. Remove items you haven't used in 6+ months.

Inspiration: 'Enough' is a feeling, not a number.

## Day 5: The 10-Minute Toss

Set a timer for 10 minutes. Walk through your home grabbing anything broken, expired, or unloved.

Toss / Recycle / Donate.

## Day 6: Emotional Clutter Check-In

Identify 3 things you're holding onto out of guilt or obligation.

Ask: 'Would I buy this again?' or 'Does this represent who I am now?'

Let it go—literally and emotionally.

### **Day 7: Create a Calm Zone**

Pick one area—reading nook, bed, or kitchen table. Clear it completely. Add one object of beauty or meaning.

Celebrate: This space reflects your new intentional life.

## Your Declutter Progress Tracker

Print this page and check off each day as you complete it. Reflect on how each action made you feel.

- Day 1
- Day 2
- Day 3
- Day 4
- Day 5
- Day 6
- Day 7

Reflection:

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## **Join the Movement!**

We'd love to celebrate your progress! Tag your photos and thoughts using #DeclutterKickstart and inspire others on the same journey. Let's show the world what it means to live lighter, freer, and more intentionally.