

The 7-Day Declutter Kickstart

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:

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.