

# Change Your Home And Your Life At Once Declutter

**ONE WEEK  
DECLUTTER CHALLENGE**  
Unclutter Your Home in 7 Days  
in only ONE hour per day

**DAY ONE**  
**Kitchen**  
Clean your fridge  
Throw away old food and expired condiments  
Make a list of any condiments or food you need to replace  
Wipe the inside of the fridge  
Clean your pantry and throw away any expired food  
Sell or donate any small kitchen appliances you don't use  
Go through your junk drawer and finally organize it

**DAY TWO**  
**Family Room, Dining Room, Entry**  
Go through dressers, drawers or bins, if you don't love something, sell or donate it  
Sell or donate shoes, coats, scarves, gloves, hats etc that have been outgrown or that aren't worn anymore  
Look around your room and if it feels cluttered, donate or sell the decorations that do not bring you joy

**DAY THREE**  
**Bathrooms**  
Clean out all drawers and underneath the sink  
Throw away all expired make-up or toiletries  
Throw away make-up or toiletries that you don't like or use anymore  
Wipe your drawers down  
Put things back in an organized manner

**DAY FOUR**  
**Bedrooms**  
Go through closet/dresser and donate or sell clothing and shoes that does not fit or that you have not worn in the last year  
Donate or sell kids toys that are no longer being used  
Clean under beds  
Organize books and toys and donate or sell anything that is no longer wanted

**DAY FIVE**  
**Office**  
Finally go through your "pile" and don't stop until the pile is gone!  
File away papers you need to keep  
Throw away old papers, fliers, magazines etc that you no longer are using  
Declutter as much as possible

**DAY SIX**  
**Garage**  
Go through any bins and organize it all  
Donate or sell things you no longer need / want / use  
Go through kids outdoor toys, only keep what your children use, love and what fits them

**DAY SEVEN**  
**Basement and Attic**  
If you don't have a basement or attic you get the day off! Wahoo! Otherwise...  
Look in every box, bin and corner  
If it does not bring you joy, throw it away or donate it  
If it does not fit, if you do not use it, or if it does not have sentimental value, throw it away or donate it

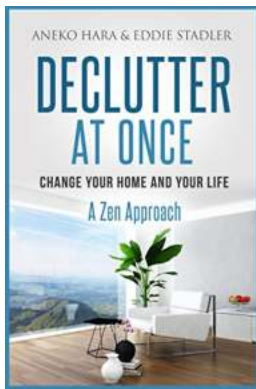
**Remember!**  
Only work for  
ONE hour  
each day

## Why Decluttering Matters

Is your home filled with piles of stuff, cluttered surfaces, and overwhelming chaos? It's time to make a change! Decluttering is not just about tidying up your

physical space; it's about transforming your home and your life.

A cluttered home can have a significant impact on your mental and emotional well-being. Studies have shown that a messy and disorganized environment can increase stress, anxiety, and contribute to feelings of overwhelm. By decluttering your home, you create a serene and peaceful space that promotes relaxation and clarity of mind.



## **Declutter: Change your Home and your Life at once. Declutter: A Zen Approach: Declutter and Zen** by Alex Mitchell (Kindle Edition)

★★★★☆ 4.2 out of 5

Language : English  
File size : 2168 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Print length : 72 pages  
Lending : Enabled



## **The Benefits of a Decluttered Home**

When you declutter your home, you'll notice several positive changes in your life. Here are some of the benefits:

### **1. Increased Productivity**

With fewer distractions and a clear physical space, you can focus better and be more productive in your daily tasks. No more wasting time searching for lost items or feeling overwhelmed by the clutter.

## 2. Improved Mental Health

Living in a clean and organized home has a direct impact on your mental well-being. It reduces stress levels and creates a sense of tranquility in your surroundings.

## 3. Enhanced Creativity

A cluttered space can hinder your creativity and inspiration. When you declutter, you allow your mind to relax and open up to new ideas and possibilities.



## 4. Better Sleep

A clutter-free bedroom promotes better sleep. When your bedroom is clean and organized, your mind can unwind and prepare for a restful night's sleep.

## 5. Increased Focus

A decluttered space allows you to concentrate on the tasks at hand without distraction. You'll experience improved focus and efficiency in your work or daily

activities.

## **Where to Start?**

Ready to begin your decluttering journey? Here are some tips to help you get started:

### **1. Set Goals**

Define what you want to achieve with your decluttering project. Start with small goals and gradually work your way up.

### **2. Sort and Categorize**

Start sorting your belongings into categories such as "Keep," "Donate," and "Discard." This will help you make decisions more efficiently.

### **3. One Space at a Time**

Avoid feeling overwhelmed by focusing on one area or room at a time. Take it step by step, and be patient.



#### **4. Take Regular Breaks**

Decluttering can be physically and emotionally draining. Take short breaks to recharge and maintain your motivation.

#### **5. Seek Support**

If decluttering feels too overwhelming or you need guidance along the way, don't hesitate to ask for help from friends, family, or even professional organizers.

## **The Life-changing Magic of Decluttering**

Decluttering your home is not just about getting rid of physical possessions; it's about creating a space that aligns with your values and brings you joy. By surrounding yourself only with the things that truly matter to you, you can free up mental and physical space for what truly makes you happy.

Remember, decluttering is a continuous process. Once you've experienced the positive impacts it has on your life, you'll be motivated to maintain an organized home that supports your well-being.

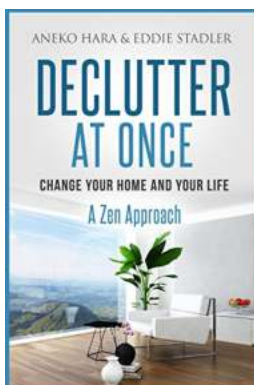
## **Start Your Transformation Today!**

Now that you understand the immense benefits of decluttering, it's time to take action. Start small, set achievable goals, and be consistent. Your home and your life will thank you for it!

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# SUPER EFFECTIVE *DECLUTTERING* *HACK* WHEN YOU ARE **LOST IN THE MESS**

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Make your life simpler and happier!

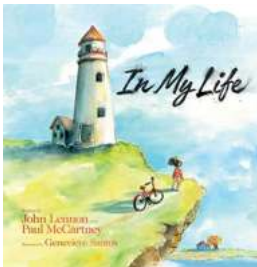
In this book you will find the best tips to achieve a transformation of your life and space. And you will!

Organize your home once and forever to achieve a life transformation. An organized environment reduces stress and helps you to find your inner peace. Reaching your area of Zen will make your life so much better. It allows you to open up your mind to a lot of possibilities that will give you peace and make you happier.

Decluttering and having Zen can go hand in hand. It enables a balanced and harmonic state.

Simplicity is the very first step to happiness.

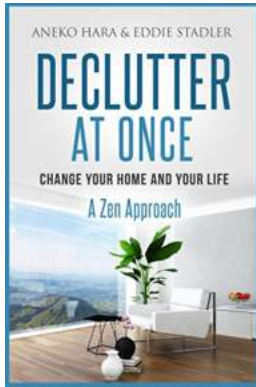
Let's go!



## **In My Life Alex Mitchell: The Journey of a Lifetime**

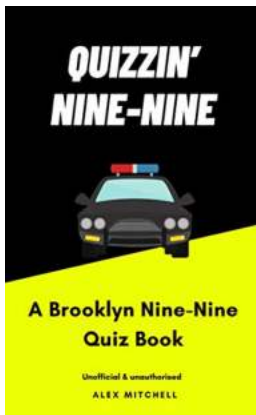
Everyone dreams of living a life filled with adventure and exploration. For Alex Mitchell, this dream has turned into a reality. From scaling towering mountains to diving...





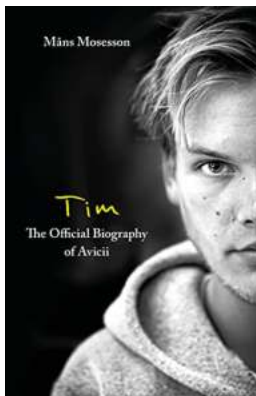
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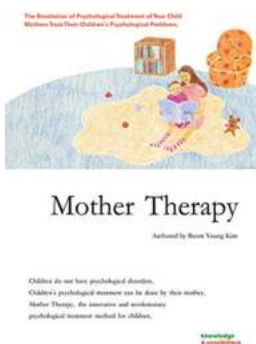
## Quizzin Nine Nine: Take the Ultimate Brooklyn Nine Nine Quiz!

Welcome to Quizzin Nine Nine, where we test your knowledge of one of the most beloved and hilarious TV shows of all time - Brooklyn Nine Nine! If you consider yourself a true...



## Tim - The Official Biography Of Avicii

Avicii, whose real name was Tim Bergling, was one of the most influential and talented DJs and music producers of his generation. Born in Sweden in 1989, Tim began his...



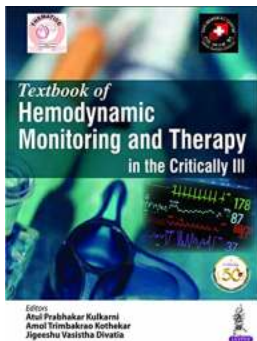
## Mothers Treat Their Children Psychological Problems: A Path Towards Healing

Being a mother is an extraordinary journey filled with countless challenges and responsibilities. From the moment they hold their precious newborn in their arms, mothers...



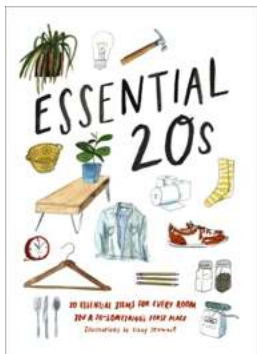
## Implementation, Usage, and Advantages of Cloud Computing within Projects: A Game Changer

In today's rapidly evolving technology landscape, cloud computing has emerged as a game changer for businesses across various industries. As companies strive to become more...



## The Ultimate Guide to Hemodynamic Monitoring and Therapy in the Critically Ill

Hemodynamic monitoring and therapy play a critical role in the management of patients who are critically ill. The ability to assess a patient's...



## 20 Essential Items For Every Room In 20 Something First Place

Moving into your first place is an exciting milestone in anyone's life. Whether it's a cozy studio apartment or a spacious house, furnishing and decorating each room is an...