

30 DAY DECLUTTER *challenge*



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Choosing progress over
perfection

30 DAY DECLUTTER *challenge*

Welcome to your declutter journal. As you complete each day's task, take a moment to jot down your feelings and thoughts.

At the end of 30 days, you'll be able to look back and reflect on your journey.

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DAY ONE

Today's declutter challenge -

On a scale of 1-10, with 1 being very easy and 10 being very difficult, how hard was it to let go off things from today's task?

Why was it easy/hard?

I release what no longer serves me with love and gratitude.



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DAY TWO

Today's declutter challenge -

On a scale of 1-10, with 1 being very easy and 10 being very difficult, how hard was it to let go off things from today's task?

Why was it easy/hard?

I am creating space for what truly matters



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DAY THREE

Today's declutter challenge -

On a scale of 1-10, with 1 being very easy and 10 being very difficult, how hard was it to let go off things from today's task?

Why was it easy/hard?

I choose peace over possessions



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DAY FOUR

Today's declutter challenge -

On a scale of 1-10, with 1 being very easy and 10 being very difficult, how hard was it to let go off things from today's task?

Why was it easy/hard?

My home reflects my calm and clarity



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DAY FIVE

Today's declutter challenge -

On a scale of 1-10, with 1 being very easy and 10 being very difficult, how hard was it to let go off things from today's task?

Why was it easy/hard?

Letting go is an act of self-care



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DAY SIX

Today's declutter challenge -

On a scale of 1-10, with 1 being very easy and 10 being very difficult, how hard was it to let go off things from today's task?

Why was it easy/hard?

I am safe to release the past



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DAY SEVEN

Today's declutter challenge -

On a scale of 1-10, with 1 being very easy and 10 being very difficult, how hard was it to let go off things from today's task?

Why was it easy/hard?

I keep only what brings me joy and purpose



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DAY EIGHT

Today's declutter challenge -

On a scale of 1-10, with 1 being very easy and 10 being very difficult, how hard was it to let go off things from today's task?

Why was it easy/hard?

I trust myself to know what to let go of



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DAY NINE

Today's declutter challenge -

On a scale of 1-10, with 1 being very easy and 10 being very difficult, how hard was it to let go off things from today's task?

Why was it easy/hard?

My space is a mirror of my inner peace



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DAY TEN

Today's declutter challenge -

On a scale of 1-10, with 1 being very easy and 10 being very difficult, how hard was it to let go off things from today's task?

Why was it easy/hard?

I am not what I own



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DAY ELEVEN

Today's declutter challenge -

On a scale of 1-10, with 1 being very easy and 10 being very difficult, how hard was it to let go off things from today's task?

Why was it easy/hard?

Clutter does not define me



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DAY TWELVE

Today's declutter challenge -

On a scale of 1-10, with 1 being very easy and 10 being very difficult, how hard was it to let go off things from today's task?

Why was it easy/hard?

I am free from guilt tied to things



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DAY THIRTEEN

Today's declutter challenge -

On a scale of 1-10, with 1 being very easy and 10 being very difficult, how hard was it to let go off things from today's task?

Why was it easy/hard?

I deserve a home that supports my dreams



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DAY FOURTEEN

Today's declutter challenge -

On a scale of 1-10, with 1 being very easy and 10 being very difficult, how hard was it to let go off things from today's task?

Why was it easy/hard?

I honor the memories, but not the mess



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DAY FIFTEEN

Today's declutter challenge -

On a scale of 1-10, with 1 being very easy and 10 being very difficult, how hard was it to let go off things from today's task?

Why was it easy/hard?

I am making room for something beautiful



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DAY SIXTEEN

Today's declutter challenge -

On a scale of 1-10, with 1 being very easy and 10 being very difficult, how hard was it to let go off things from today's task?

Why was it easy/hard?

I breathe in clarity and exhale clutter



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DAY SEVENTEEN

Today's declutter challenge -

On a scale of 1-10, with 1 being very easy and 10 being very difficult, how hard was it to let go off things from today's task?

Why was it easy/hard?

It's okay to release things I once loved



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DAY EIGHTEEN

Today's declutter challenge -

On a scale of 1-10, with 1 being very easy and 10 being very difficult, how hard was it to let go off things from today's task?

Why was it easy/hard?

I am not responsible for keeping everything



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DAY NINETEEN

Today's declutter challenge -

On a scale of 1-10, with 1 being very easy and 10 being very difficult, how hard was it to let go off things from today's task?

Why was it easy/hard?

I choose simplicity with confidence



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DAY TWENTY

Today's declutter challenge -

On a scale of 1-10, with 1 being very easy and 10 being very difficult, how hard was it to let go off things from today's task?

Why was it easy/hard?

I am becoming lighter with every decision



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DAY TWENTY ONE

Today's declutter challenge -

On a scale of 1-10, with 1 being very easy and 10 being very difficult, how hard was it to let go off things from today's task?

Why was it easy/hard?

I am not letting go alone—I am moving forward



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DAY TWENTY TWO

Today's declutter challenge -

On a scale of 1-10, with 1 being very easy and 10 being very difficult, how hard was it to let go off things from today's task?

Why was it easy/hard?

My energy increases as I release the excess



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DAY TWENTY THREE

Today's declutter challenge -

On a scale of 1-10, with 1 being very easy and 10 being very difficult, how hard was it to let go off things from today's task?

Why was it easy/hard?

Letting go makes room for peace



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DAY TWENTY FOUR

Today's declutter challenge -

On a scale of 1-10, with 1 being very easy and 10 being very difficult, how hard was it to let go off things from today's task?

Why was it easy/hard?

I forgive myself for holding on



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DAY TWENTY FIVE

Today's declutter challenge -

On a scale of 1-10, with 1 being very easy and 10 being very difficult, how hard was it to let go off things from today's task?

Why was it easy/hard?

I deserve to feel peace in my space



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DAY TWENTY SIX

Today's declutter challenge -

On a scale of 1-10, with 1 being very easy and 10 being very difficult, how hard was it to let go off things from today's task?

Why was it easy/hard?

I create new memories, not store old ones



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DAY TWENTY SEVEN

Today's declutter challenge -

On a scale of 1-10, with 1 being very easy and 10 being very difficult, how hard was it to let go off things from today's task?

Why was it easy/hard?

Every item I release brings me closer to clarity



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DAY TWENTY EIGHT

Today's declutter challenge -

On a scale of 1-10, with 1 being very easy and 10 being very difficult, how hard was it to let go off things from today's task?

Why was it easy/hard?

I thank each item for its purpose before I let it go



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DAY TWENTY NINE

Today's declutter challenge -

On a scale of 1-10, with 1 being very easy and 10 being very difficult, how hard was it to let go off things from today's task?

Why was it easy/hard?

My home is my sanctuary, not a storage unit



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DAY THIRTY

Today's declutter challenge -

On a scale of 1-10, with 1 being very easy and 10 being very difficult, how hard was it to let go off things from today's task?

Why was it easy/hard?

I let go with grace and welcome joy in its place



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FINAL REFLECTIONS

How do I genuinely feel after physical, digital & emotional decluttering for 30 days?

What habits or insights from this challenge do I want to keep going forward?



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FINAL REFLECTIONS

Which item did I part with that surprised me the most?

What's the weirdest thing I found while decluttering?



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FINAL REFLECTIONS

What's the funniest or most random app I deleted? Did I even remember downloading it?

What feelings did I release that made the biggest difference?



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FINAL REFLECTIONS

Which emotional patterns am I now more aware of?

Was I consistent throughout the 30 days? If no, what stopped me and what can I change to be more consistent?



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Thanks for joining 30 DAY DECLUTTER

challenge



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This is the beginning of a lighter,
more intentional living