

# Decluttering Week:

# 15-Min Reset

..... Ordinary & Happy .....

S A T	2 3	<b>Go through the living room and remove things that don't belong there.</b> <i>Pick up things that are obviously out of place, such as dishes and mugs, mail and papers, laundry, random chargers, shopping bags, and random knick-knacks.</i>	<input type="checkbox"/>
S U N	2 4	<b>Declutter and organize the TV area and coffee table.</b> <i>Clear any cups from the coffee table alongside other items that don't belong there. Wipe the table and the TV area. Organize the cords and cables by the TV.</i>	<input type="checkbox"/>
M O N	2 5	<b>Group similar small items in trays or baskets (e.g., put the remotes in a nice tray).</b> <i>Reduce visual clutter by grouping small scattered items such as remotes, candles, charging cords, coasters, and keys. Use a tray for frequently used items or a basket for things that are bulkier.</i>	<input type="checkbox"/>
T U E	2 6	<b>Pick 3 small areas to declutter in 15 minutes.</b> <i>Pick micro-zones that are easy to declutter and clean, such as a bookshelf, a nightstand, the top of a dresser, a kitchen drawer, or a floating shelf.</i>	<input type="checkbox"/>
W E D	2 7	<b>Set a 15-min timer and tidy and declutter the entryway.</b> <i>Focus on quick, visible wins such as putting away shoes, shredding or tossing any mail you don't need, clearing the floor, and making room for guests' clothes and shoes.</i>	<input type="checkbox"/>
T H U	2 8	<b>Declutter and tidy the bedroom for 15 minutes.</b> <i>Since you only have 15 minutes, focus on the visible wins such as making the bed/changing the sheets, clearing the nightstands, putting away any obvious clutter, and vacuuming the floor.</i>	<input type="checkbox"/>
F R I	2 9	<b>Tidy and declutter your purse or work bag.</b> <i>Empty your purse/bag and return only the essentials (e.g., wallet, keys, phone charger, notebook, lip balm). Sort through the remaining items and decide what to toss and what to file/store somewhere else.</i>	<input type="checkbox"/>