

June DECLUTTERING

The 15-Minute Challenge

Set a 15-min timer and find items that are out in the open to donate.

Set the timer, grab a bag or a box, and make quick decisions.

You could start in the room where you think there are the most items to declutter. Look only for items that are out in the open. Today is not about opening cabinets and drawers.

The timer is short enough to not feel overwhelming, and it prevents you from overthinking. Go for items you're already sure you don't want or need. Not every item will be an instant yes or no; just skip the 'maybe' items and keep moving. Even if you only have one or two things after 15 minutes, it's still a win, and you should be proud of yourself.

You can add the things from today to the donation bag or box you set up in day 1. Or, if you manage to fill a whole one, you can take it to your car so you can donate it next time you're running errands.

By focusing on items that are in plain sight, you'll achieve an easy, visible win.

DECLUTTERING COMPLETED