

DAY 18

Ordinary & Happy
O & H

July

DECLUTTERING

30

**Set a timer for 30 minutes
and declutter the space
that bothers you the most.**

Before picking the place, ask yourself why it bothers you so much (e.g., too much stuff, no logical system for organizing items). This way you'll have a starting point for the next 30 minutes.

Sort everything into four piles:
toss/recycle, donate, relocate, and keep.

Try to fix what you disliked about the space (e.g., make sure there's not too much stuff there, implement a logical system for organizing the items).

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DECLUTTERING COMPLETED