

## The 5-Week "Clarity & Calm" Challenge

Here is your roadmap to a lighter home and a sharper mind.

Each week focuses on one of our core pillars to help you transition from overwhelmed to empowered.

Week	Focus Area	The Challenge	Goal
1	#DeclutterYourLife	The "Five-a-Day" Purge. Every day this week, find 5 items to donate, recycle, or toss.	Reduce physical weight and decision fatigue.
2	#MindsetMatters	The Brain Dump. Spend 10 minutes every morning writing down every "to-do" and "worry" on paper.	Clear the "browser tabs" open in your mind.
3	#OrganizedHome	The "First Impression" Zone. Focus entirely on your entryway or the first room you see.	Create a visual "win" that lowers cortisol when you walk in.
4	#MentalClarity	Digital Detox. Unsubscribe from 10 junk emails and delete 5 apps you haven't used in 3 months.	Reduce "invisible" clutter and notifications.
5	#InteriorPsychology	The Sensory Sanctuary. Choose one corner of your home and add one thing that brings joy (a candle, a plant, a photo).	Shift your home from a place of "chores" to a place of "healing."

## The "Five-a-Day" Purge #DeclutterYourLife Challenge

The Goal: To remove 35 unnecessary items from your environment this week.

By making small, quick decisions, you are retraining your brain to let go of "weight" and reclaim your space.

### Daily Tracker

Mark off an icon for every item you donate, recycle, or toss!

#### | Day | Focus Area (Suggestions) | Items Removed | Done? Celebrate! |

| Day 1 | The Junk Drawer / Stationery |      | [ ] |

| Day 2 | Medicine Cabinet / Toiletries |      | [ ] |

| Day 3 | The Pantry (Expired Goods) |      | [ ] |

| Day 4 | Closet (The "One Day" Clothes) |      | [ ] |

| Day 5 | Cleaning Supplies / Under Sink |      | [ ] |

| Day 6 | Books, Magazines & Papers |      | [ ] |

| Day 7 | The "Free Choice" Area |      | [ ] |

### Reflect & Reset

Take a moment at the end of the week to answer these two questions:

- \* How did my energy shift as the physical clutter left my home?
- \* What was the hardest item to let go of, and why?

### Expert Tip for #InteriorPsychology

"When you clear a surface, you aren't just cleaning; you are creating 'white space' for your mind to rest.

Don't feel the need to fill it back up immediately. Let the room—and your mind—breathe."