# Decluttering

A gentle weekly worksheet to explore this habit and reflect on your experience.

## This Week’s Practice

- ■ Clear one small space
- ■ Remove items no longer useful
- ■ Organize with intention
- ■ Notice how space feels afterward
- ■ Avoid perfection
- ■ Stop before fatigue

## Reflection

*How did clearing physical space affect your mind or mood this week?*

## Weekly Intention

## Gentle Reminders

• Less can feel lighter.

• Clarity often begins with space.

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