



## Declutter Challenge 2026

# Day 7: Hot Spot

*It you need a day of rest, take it. If you need to catch up, do it today.  
Or you may choose to declutter a hot spot.*

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### Today's question: Is this worthy of my space?

- ☐ Step 1: Set Your Timer Choose 10, 15, or 30 minutes. Stop when the timer ends.
- ☐ Step 2: Define Your Capacity
- ☐ Step 3: Declutter
- ☐ Step 4: Remove The Excess From Your Space
- ☐ Step 5: Your Time to Share: Take a photo or make a note of what you accomplished.  
Share on social media or with those who support you.

## Reflection

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What surprised me today?

What felt easy?

What was hard?