



# Declutter Challenge 2026

## Day 7: Hot Spot

*If 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.*

### 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

What surprised me today?

What felt easy?

What was hard?