



Declutter Challenge 2026

Day 14: Catch-up

Stepping away briefly helps creativity breathe, mistakes fade, and motivation return stronger than before refreshed

Today's question: Do I need a rest?

Today is a day to catch up on the challenge, re-visit a category or simply to take a day of rest. This challenge is not so much about keeping up but moving forward. However, to keep that forward momentum, it is important to stop, check-in with yourself and take a break if necessary. There are no awards for speed. If you want to do a hot spot declutter, maybe choose one in another room in your home for a change of pace.

And remember to use your timer.

Reflection

Do I notice a difference in my space?

Do I notice a difference in my sewjo?

Do I notice a difference in what projects I want to make?