

Let's clear the clutter and create calm-one tiny win at a time.

Start Here: Your Mindset Reset

Hey love, let's take the pressure off.

You're not behind. You're not messy. Your brain just works differently–and that's okay!

Today, we're not trying to declutter the whole house. We're simply creating space for clarity, one small zone at a time. Start where you are, and honor your energy.

Before you start, ask yourself:How do I want to feel in this space?What would make this room feel lighter?

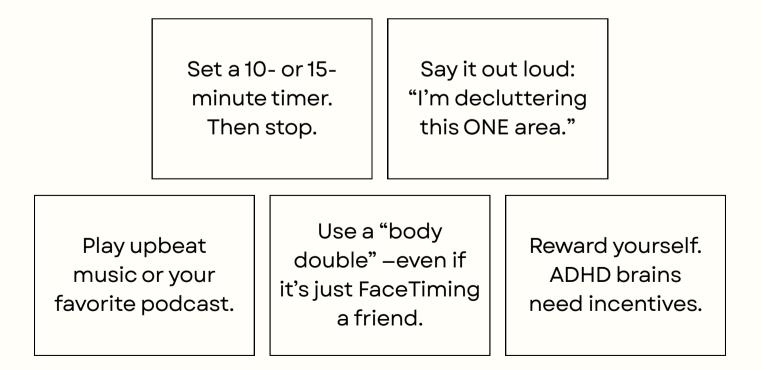
Decluttering Decision Guide

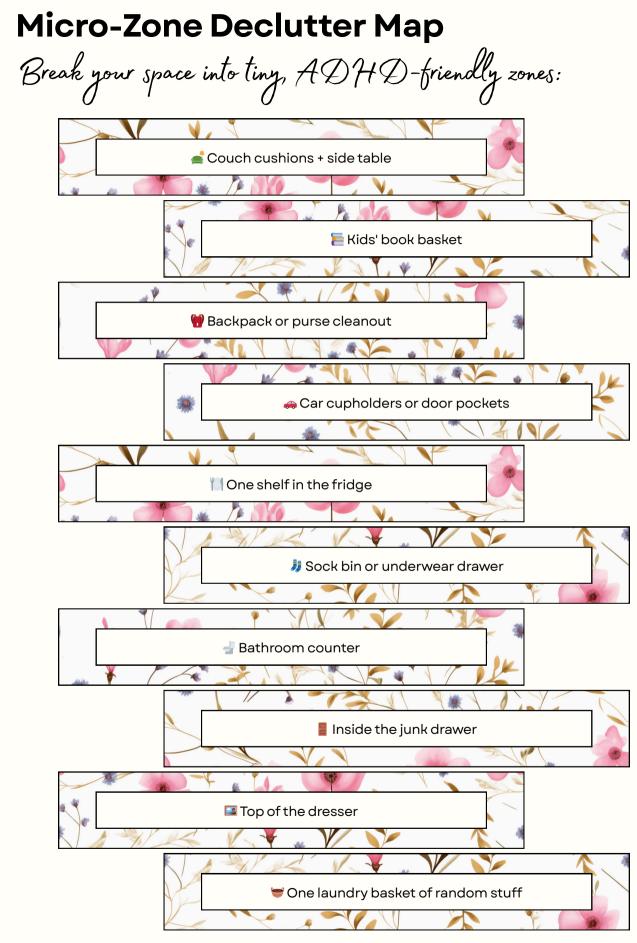
When you pick something up, ask:

- **V** Do I use this regularly?
- 🤎 Do I love it?
- 😇 Could someone else use it more?
- Is it broken, expired, or useless?
- Not sure? Place in a "Decision Box" and revisit in 7 days.

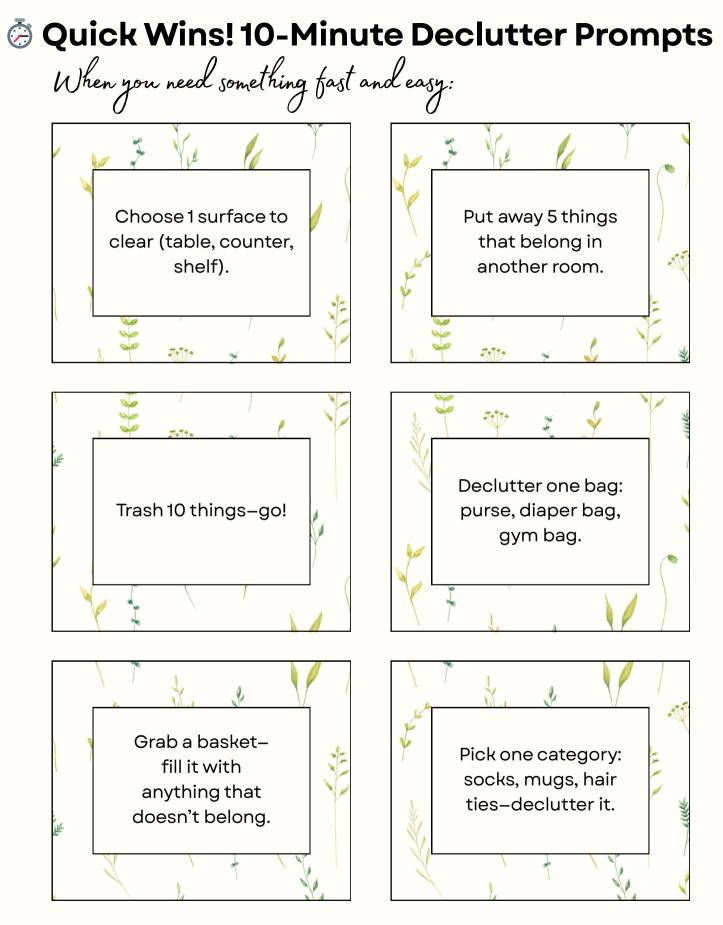
This keeps you moving without decision fatigue.

P ADHD Decluttering Hacks



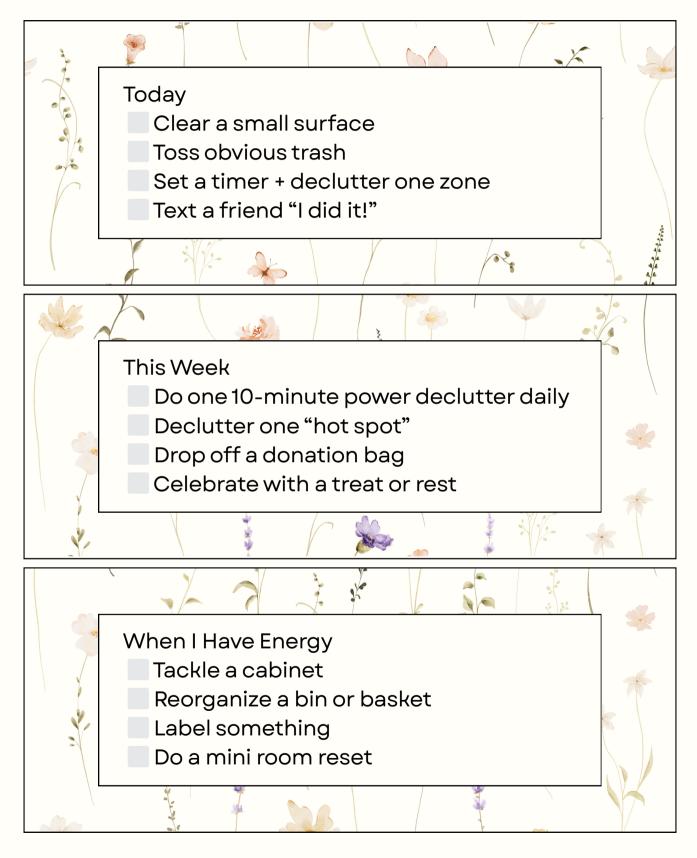


Pick ONE zone. Set a timer for 10-15 minutes. That's it.



Your brain LOVES small wins. Feed it those.





😻 Check off, color in, or decorate as you go!



Before/After pictures or drawings	
🧠 How 7 felt before	How 7 feel now
\mathbf{Y} One word to describe the difference (free, calm, proud, etc.)	