CALM DECLUTTERING CHALLENGE

A gentle 5-day reset for your space

Create a little more breathing room
in your home — and quietly, in your mind.

For five days, choose one small area at a time.
One drawer.
One surface.
One simple category.

Keep what supports your everyday life.
Release what no longer needs to take up space.

Five days.
One small step a day.

Let it be enough when it feels enough.



Day 1 — A visible win

Choose one small, contained space.

A bag you use often.
A backpack.
A work tote.
A drawer you open every day.

Take everything out.

Then put back only what still feels useful, supportive, or worth carrying with you.

Ask gently:

Do I still need this?
Does this support my day?

Let the rest go.

✨ **Today is about creating one small, visible shift.**

Day 2 — One small category

Choose one simple category.

Cosmetics.
Medicine.
Papers.
Kitchen tools.

Keep the focus small.

Notice what is:

usable
supportive
easy to live with

Release what has expired, gone unused, or simply no longer needs to stay.

✨ **Clarity grows when decisions stay small.**

Day 3 — One surface

Choose one surface.

A table.
A shelf.
A countertop.

Clear it completely.
Wipe it down.

Then return only what belongs there and supports the way you use the space.

Leave a little empty space on purpose.

✨ **Empty space gives the room somewhere to breathe.**

Day 4 — Digital, lightly

Choose one small digital reset:

delete 10 photos
remove 5 unused apps
clear one folder

That’s enough for today.

✨ **A little less digital noise can create a little more mental space.**

Day 5 — Notice what changed

Return to one of the spaces you touched this week.

Take a moment to notice it.

What feels lighter?
What feels easier to use?
What would you like to keep this way?

Then complete one sentence:

More space allows me to _____.

That can be your whole reset.

✨ **Keeping what supports you matters just as much as letting things go.**

Continue Exploring

A little more space at home can make everyday life feel lighter.

If you want to keep going, you can continue with another small reset — or explore why your environment can affect how much energy daily life requires.

Try another gentle reset

🌿 111 Tiny Resets for Everyday Life

111 small ways to make ordinary days feel calmer, simpler, and easier to move through.

Choose one whenever life feels a little too full.

→ **Explore 111 Tiny Resets** *(Free PDF, no email required)*

Read next

→ ***Calm the Space — and the Mind Follows***
How your environment quietly shapes mental clarity.

→ ***How to Slowly Reset Your Home***
A gentle way to make your home easier to live in, one small area at a time.

→ ***The Simplest Solution Is Often Already Around You***
Why creating more ease sometimes begins with noticing what is already there.

→ ***How to Slowly Reset Your Wardrobe***
A quieter approach to simplifying what you wear and reducing everyday decisions.

→ ***Signs You Need a Slow Reset (Not a New Life)***
For moments when life feels heavier than usual and you want to begin somewhere small.

Explore more at The Calm Guides →