



# 28 days of mindfulness and decluttering

When you declutter your home, you're decluttering your life, too.

This 28-day challenge is meant to mindfully bring your home and life together.

It can be intimidating to take on decluttering your house.

And the way to practice mindfulness isn't always clear.

That's why you're going to take some baby steps toward both.

Some steps may seem easier or harder than others, but trust me, they're all worth it!

Enjoy spending these 28 days connecting yourself to the moment and to your home.

*-kate wang*



.....  
*Soulful Space*

**28 DAYS OF  
MINDFULNESS &  
DECLUTTERING**

After you do your exercise each day, take a moment to jot down any thoughts, insights, or feelings it brings up.

*day one*

Write down your intention for today.

*day two*

Walk into each room of your home and notice how you feel

*day three*

Write 3 things you've been meaning to do and the real reason you've put them off.

*day four*

Pick up 27 items sold your house to toss, donate, sell, or relocate with intention.

*day five*

Tonight turn off all tech 30 minutes before bed. Tomorrow wake up 30 minutes early to enjoy the quiet.

*day six*

Set a 5 minute timer and clean as much as you can in that time.

*day seven*

Drink half your body weight in water today.

*observations*

How are you feeling after week one?

.....  
*Soulful Space*

**28 DAYS OF  
MINDFULNESS &  
DECLUTTERING**

After you do your exercise each day, take a moment to jot down any thoughts, insights, or feelings it brings up.

*day eight*

Take all of your clothes out of 1 drawer. Declutter. Return the remainder with intention.

*day nine*

Listen to a new podcast.

*day ten*

Clean something you can't remember the last time you cleaned it.

*day eleven*

Write down 3 things you are grateful for every 3 hours. (Set a timer)

*day twelve*

Collect all of your shoes from around the house. Declutter. Put them away with intention.

*day thirteen*

Reset your posture each time you sit down. Draw in your belly, lengthen your spine, draw your shoulders back and down.

*day fourteen*

Write down the top 3 things you're avoiding in your house. Figure out the steps to work toward 1 of them.

*observations*

How are you feeling after week two?

.....  
*Soulful Space*

**28 DAYS OF  
MINDFULNESS &  
DECLUTTERING**

After you do your exercise each day, take a moment to jot down any thoughts, insights, or feelings it brings up.

*day fifteen*

Once an hour take 1 slow, deep breath.  
(Set a timer)

*day sixteen*

Set a 10 minute timer, declutter that pile of papers (you know the one I'm talking about). Stop at the buzzer and step away.

*day seventeen*

Write a haiku. It doesn't have to be good. Describe something in the 5-7-5 syllable rhythm.

*day eighteen*

Collect every coat and jacket that you own. Declutter any you don't wear or like (be honest).

*day nineteen*

When eating, put down your utensil between each bite.

*day twenty*

Use Unroll.me to unsubscribe from all junk email.

*day twenty one*

Commit to a somewhat uncomfortable amount of time to not pick up your phone... Even if someone calls or texts.

*observations*

How are you feeling after week three?

.....  
*Soulful Space*

**28 DAYS OF  
MINDFULNESS &  
DECLUTTERING**

After you do your exercise each day, take a moment to jot down any thoughts, insights, or feelings it brings up.

*day twenty two*

Find 10 items in your closet that you haven't worn in 2 years or more to donate, toss, or sell.

*day twenty three*

Write down 5 things you're looking forward to.

*day twenty four*

Get rid of all underwear with holes, blown out elastic, or that never get worn.

*day twenty five*

Eat a meal without talking to anyone, doing any work, watching TV, looking at your phone, reading, etc.

*day twenty six*

Empty out beneath one sink. Get rid of anything that doesn't belong, is old and doesn't get used, or is oddly gross.

*day twenty seven*

Every time you get in your car or are about to get out of it, take a slow, deep breath.

*day twenty eight*

Get rid of socks that are worn thin, have holes, are uncomfortable, or never get worn.

*observations*

How are you feeling after week four?





## Keep it up!

Now that you've completed 28 Days of Mindfulness and Decluttering, it's your turn to take it to the next level.

Which days were the easiest for you to do? What would you do to challenge yourself a bit more with each of those?

Which days were a little harder for you? You can repeat them until they're easier, and then decide what a level up challenge would be.

When you're ready to really dig in and commit to yourself and/or your home, I'll be here, ready to help.

Integrative Life Coaching focuses on all areas of your life and helps you to identify and reach personal goals.

Decluttering Coaching helps you face the emotional barriers to decluttering, while helping you create solutions and achieve goals.

*-kate wang*

