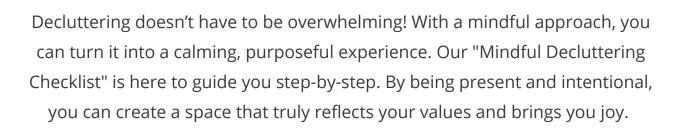
# MINDFUL DECLUTTERING CHECKLIST



### • Set Your Intention

Reflect on why you want to declutter. Write down your intention: 'I intend to \_\_\_\_\_(e.g., create a peaceful living space, reduce stress).'

l intend to\_\_\_\_\_

### • Prepare Your Space and Mind

Choose a quiet, distraction-free time to declutter.

Create a calm environment: play soft music, light a candle, or diffuse essential oils. Take a few deep breaths or do a short meditation to center yourself

### • Start with One Area

Choose a small area to begin (e.g., a drawer, shelf, or closet section). Focus on one section at a time to avoid feeling overwhelmed

## • Handle Each Item with Intention

Pick up each item individually. Ask yourself:

- Does this item bring me joy?
- Is this item useful and needed?
- Does this item align with my intention?

# • Be Aware of Emotional Attachments

Notice any strong feelings that arise.

Acknowledge the emotions without judgment or haste.

Decide if the item truly serves a purpose or if it's time to let it go.

# • Let Go with Gratitude

If you decide to part with an item, thank it for its service or joy it once provided. Place it in a designated box for donation, recycling, or disposal. Perform a small ritual if it helps (e.g., say a few words of thanks).

# • Take Breaks and Reflect

Pause every 20-30 minutes to assess your progress and feelings. Reflect on what you've accomplished so far.

Take note of any emotions or insights that come up during the process.

# • Celebrate Small Wins

Acknowledge every bit of progress, no matter how small. Reward yourself with a small treat or break after completing a section.

# • Maintain a Clutter-Free Space

Schedule regular check-ins to reassess your space. Practice mindful shopping and only bring in items that add value. Incorporate gratitude practices to appreciate the items you keep.

