

Weekly Overview



Decluttering Check-in

- Reflection

- What area of your home did you focus on this week?
- How many items did you declutter or donate?
- What was the most challenging item to let go of? Why?
- Did you discover any forgotten items that you can now use?

- Progress Tracker

Area	Items Removed	Time Spent

• Wins and Challenges

- What was your biggest decluttering win this week?
- What challenges did you face?
- How did you overcome these challenges?

• Next Week's Goals

- Which area will you focus on next week?
- What specific decluttering tasks do you plan to accomplish?
- How much time do you plan to dedicate to decluttering?

• Minimalism Mindset

- How has your mindset towards possessions changed this week?
- Did you resist any new purchases? If so, how?
- What benefits have you noticed from decluttering so far?

• Self-Care

- How are you rewarding yourself for your decluttering efforts?
- Are you taking breaks to avoid burnout?
- How has decluttering impacted your stress levels?

- Additional Notes

Use this space for any additional thoughts, ideas, or observations about your decluttering journey this week.

Remember: Progress, not perfection. Every item you declutter is a step towards a more organized and peaceful home!