



Your 8-week Guide to a Simple Home.

By Dana Wisniewski



Welcome to Summer Uncluttered

Before you start decluttering your home, I want you to pause and think about something even more important: **Who are you becoming through this process?**

This is not just about getting rid of stuff.

It's about creating a home and life that feels lighter, calmer, easier, and more aligned with the woman you want to be.

Over the next 8 weeks, you will slowly simplify your spaces, reduce your mental load, and create systems that support your real life as a busy woman and mother. But lasting change doesn't happen from motivation alone.

It happens when you connect deeply to your reasons why.

- Why do you want less clutter?
- How do you want your home to feel?
- What kind of mother, partner, and woman do you want to be?
- What becomes possible when your home no longer drains your energy?

Maybe you want:

- More peace and less overwhelm
- More time with your family
- Less stress and constant cleaning
- A calmer nervous system
- More confidence inviting people into your home
- More space to rest, create, and breathe

Your vision matters.

When decluttering feels emotional or difficult, your "why" will help guide you forward. Every item you release is creating more room for the life you truly want.

This journey is not about perfection. It's about freedom, ease, and intentionally creating a home that supports you instead of exhausting you. You deserve that.



Getting Started

Summer Uncluttered Supply List

You do not need expensive organizing products to simplify your home.

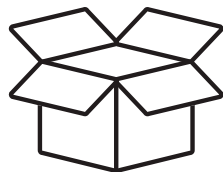
One of the goals of Summer Uncluttered is to stop buying more containers for clutter and start reducing the amount we have to manage in the first place.

Here's all you really need to begin:



Garbage Bags for:

- trash
- broken items
- worn out items
- expired products
- unusable clutter



Empty Boxes for:

- donations
- giveaway items
- items for friends/family
- items to drop off later

Boxes work especially well for:

- books
- kitchen items
- shoes
- heavier household items

Large trash bags also work for donations, but boxes are often easier for carrying and stacking.

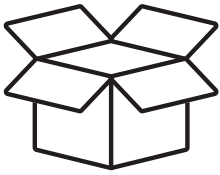


STRUGGLING WITH A HARD DECISION?



Time Will Tell Bins

This is your “Not Sure Yet” system. Use plastic bins, laundry hampers, or cardboard boxes for items you’re struggling to decide on.



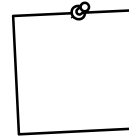
How to Use Your Time Will Tell Bin

- Not ready to part with an item quite yet? Try putting it in a labeled box/bin.
- If you don’t reach for the item within 30-120 days it’s probably safe to donate.
- This helps reduce fear and decision paralysis because nothing feels permanent right away.

Label Your Time Will Tell Bins

Use:

- sticky notes
- masking tape
- index cards/tape



Keep labels simple.

Examples:

- Clothes
- Kitchen
- Toys
- Bathroom
- Decorations
- Craft Supplies
- Office
- Sentimental
- Books





NOT NECESSARY, BUT HELPFUL

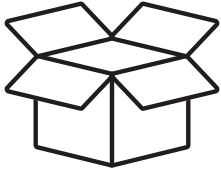


Donation Station - Optional but helpful

Create one permanent spot for outgoing items during the program.

Examples:

- garage corner
- laundry room
- mudroom
- spare room

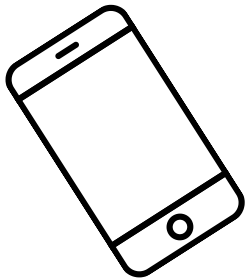


The easier it is to remove clutter quickly, the more momentum you'll keep.



Cleaning Cloth or Wipes

- Decluttering is easier when you quickly wipe surfaces as you go.
- Tiny cleanups create huge visual wins.



Timer

A phone timer helps prevent overwhelm. Try:

- 10 minute resets
- 15 minute decluttering sprints
- one drawer at a time

You do not need to finish everything in one day.

Before You Start - A Few Reminders

You do not need:

- perfect systems
- matching containers
- a Pinterest home
- a whole free weekend
- permission from everyone else to begin



You are simply creating a home that feels lighter, calmer, and easier to live in. Progress counts. Tiny wins count. Removing one bag counts.

Developing Your Why



Developing Your Why

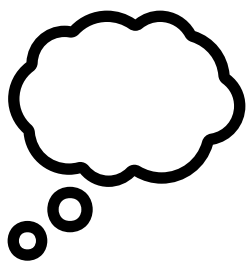


This program is not really about decluttering.

It's about creating a home and life that feel lighter, calmer, easier, and more supportive of the person you want to become. Because clutter is rarely just "stuff."

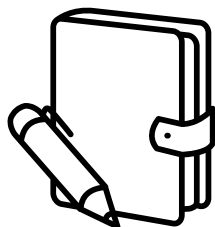
Sometimes it's:

- postponed decisions
- overwhelm
- survival mode
- guilt
- emotional exhaustion
- trying to keep up
- fear of waste
- fear of letting go
- holding onto old versions of ourselves



Sometimes we've simply accumulated more than we realistically have the time, energy, or capacity to manage.

Over the next 8 weeks, there will be moments where you feel energized and moments where you feel stuck.



When that happens, come back to this page. Remember why you started.

- Not for perfection.
- Not for a Pinterest house.
- Not to become a minimalist.
- **But to create more peace, more ease, and more room for what actually matters.**
- Take a few quiet minutes and answer these questions honestly (on the next page).
- There are no right or wrong answers.



Questions to Ask Yourself

HOW DO I WANT MY HOME TO FEEL?

When I walk into my home, I want to feel:

What feelings am I tired of experiencing in my home?

What would “peaceful” look like in my everyday life?



WHY DO I WANT TO DECLUTTER?

What is currently exhausting me most about my home?

What feels harder than it should right now?

How is clutter affecting my:

- stress levels?
- energy?
- relationships?
- time?
- mental health?
- daily routines?



More Questions

WHO DO I WANT TO BECOME?

What kind of woman/person do I want to be in this season of life?



How do I want to show up for myself?

How do I want to show up for my family?

What version of myself am I trying to make more room for?



More Questions



WHAT WOULD MORE EASE CREATE?

If I spent less time managing stuff, what would I want more time and energy for?

- ☐ Rest
- ☐ Family time
- ☐ Creativity
- ☐ Fitness/health
- ☐ Cooking
- ☐ Reading
- ☐ Being outside
- ☐ Friends/community
- ☐ Marriage/relationships
- ☐ Hobbies
- ☐ Spiritual growth
- ☐ Slower mornings
- ☐ Less cleaning
- ☐ More presence
- ☐ Other: _____

What would become possible if my home felt easier to maintain?



LETTING GO

What am I afraid might happen if I let things go?

What am I holding onto out of guilt, fear, or obligation?

What would it feel like to trust myself enough to own less?



Developing Your Vision



MY VISION FOR THIS SUMMER

By the end of Summer Uncluttered, I hope my home feels:

By the end of Summer Uncluttered, I hope I feel:

One thing I no longer want to carry into the next season of my life:



A REMINDER

You do not need to change your entire life overnight.

You are simply taking one small step at a time toward:

- less overwhelm
- less stress
- less visual noise
- less pressure
- less to manage

And more:

- calm
- ease
- freedom
- presence
- breathing room
- intentional living

That matters.



Week 1 - RESET THE SURFACES

Week 1 - Reset the Surfaces (Pep Talk & Questions)

You do not need to organize your entire house this week. We're starting small on purpose. When your counters, tables, and visible spaces are overflowing, your nervous system never fully relaxes. Your brain keeps scanning the environment for unfinished tasks, decisions, and visual noise.

This week is about creating breathing room.

- Not perfection. We're going for good enough.
- Not magazine-worthy. A home that works for your family.
- Just calmer. Less visual clutter.

Even clearing one surface can change the entire feeling of a room. Small shifts create momentum.



Before Reflection Questions

- Which space in my home feels the loudest right now?
- What surface collects the most clutter?
- How does visual clutter affect my mood or stress levels?
- What am I hoping to feel more of in my home this summer?



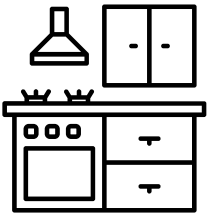
After Reflection Questions

- Which cleared space made the biggest emotional difference?
- Did my home feel calmer with less visual clutter?
- What items did I realize I don't actually need out?
- How did it feel to walk into a quieter room?

Week 1: RESET THE SURFACES



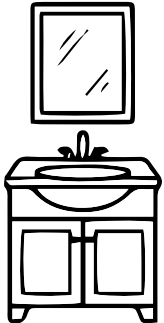
Week 1 - Reset the Surfaces



Weekly Theme: Create immediate visual calm. You may have gone “clutter blind” to your own home. You may not even notice all the items on the refrigerator door, the decorations collecting dust in the bathroom, or the piles of paper on your kitchen counter.

Goal: To feel an instant emotional shift fast.

Remember: Visual clutter creates mental clutter.



Challenges:

- 1) Clear One Surface Completely each day this week.
- 2) Collect your boxes for weeks 2-8 donations. Ask neighbors/friends.
- 3) Figure out the hours of your local donation center (see if there are items they don't take (car seats for example are not accepted.)

Focus Areas: Just for a week try to completely clear these surfaces. This will feel extreme at first, but your mind will quit down fast!)

- **Monday:** kitchen counters (knife block, coffee maker, toaster, decorations)
- **Tuesday:** bathroom counters (can you only keep hand soap out?)
- **Wednesday:** dining table (can you remove all decorations for a week?)
- **Thursday:** coffee tables (just keep remote(s) out)
- **Friday:** entryway drop zones (put away shoes, hats, coats/jackets, bags in each family member's closet. Excess builds up quickly here.)
- **Saturday:** night stands (remove everything except for a lamp?)
- **Sunday:** any additional clutter collectors and flat zones

