



Week 6 - THE BIG EDIT

WEEK 6: THE BIG EDIT (Pep Talk & Questions)

This is the week we stop carrying the weight of “maybe someday.” Sometimes clutter is not just stuff.

- It’s postponed decisions.
- Old identities.
- Guilt.
- Obligation.
- Fear of waste.

You are allowed to release what no longer fits your life. Creating space is not wasteful. Living buried under excess is exhausting.

Before Reflection Questions

- Which area feels emotionally heavy?
- What have I been avoiding letting go of?
- What am I keeping “just in case”?
- What would freedom from excess feel like?

After Reflection Questions

- What felt most freeing to remove?
- Which items were harder to release and why?
- How does the space feel now compared to before?
- What did this week teach me about what I truly value?



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Weekly Theme: Remove the heavy clutter.

Remember: You do not need to keep inventory for a life you no longer live.

Challenge: Remove 3 bulky things from garage, basement, storage room or “heavy” sentimental items that bring you sadness, resentment or guilt.

Focus Areas:

- Monday: garage – Remove 3 bulky things
- Tuesday: basement – Remove 3 bulky things
- Wednesday: storage rooms – Remove 3 bulky things (or cleaning items never used)
- Thursday: sentimental overflow – Refine one memory bin per child (you started this process last week)
- Friday: sentimental overflow – Create one memory bin for yourself
- Saturday: Schedule a bulk item pick up if needed
- Sunday: Donation drop off

You may need to call someone to pick up bulky donation items like furniture or exercise equipment. Many places provide this service for free. This might also be the perfect week to rent a dumpster!



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Checklist

Remove Physically or Emotionally Heavy Items/Clutter

- ☐ Declutter garage – 3 bulky items
- ☐ Declutter basement/storage room – 3 bulky items
- ☐ Remove broken items
- ☐ Remove unused furniture – 3 bulky items
- ☐ Declutter old projects (keep one bin per child of sentimental)
- ☐ Remove unused exercise equipment
- ☐ Declutter old kids/baby items (snap pictures if you need help letting go)

Create Major Breathing Room

- ☐ Remove at least 50 items
- ☐ Schedule a donation drop-off
- ☐ Fill one trash bag completely
- ☐ Let go of one “someday” item
- ☐ Celebrate visible progress