



Week 4 - UNCLUTTER HIDDEN SPACES

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Not all clutter is visible. Sometimes the most stressful clutter is hidden behind drawers, cabinets, and doors we avoid opening. This week is about removing the quiet weight.

You do not have to tackle everything at once. Tiny pockets of progress count. A single organized drawer can create momentum.

Before Reflection Questions

- Which hidden space do I avoid opening?
- What kind of clutter tends to build up there?
- What emotions come up when I think about these spaces?
- Which area would feel most relieving to simplify?

After Reflection Questions

- Which space gave me the biggest sense of relief?
- What items had I forgotten I even owned?
- What patterns did I notice about my clutter?
- How does my home feel with less hidden chaos?



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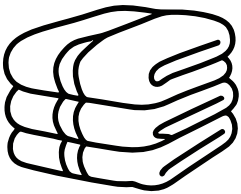
Weekly Theme: Reduce the stuff nobody sees but everybody feels.

Remember: Hidden clutter still drains energy.

Challenge: "10 Minute Drawer Resets"

Focus Areas:

- **Monday:** junk drawers (if you haven't used it in the last year, do you really need it?)
- **Tuesday:** bathroom cabinets (almost empty products, items older than 2 years, hotel minis)
- **Wednesday:** under sinks (unused hair tools, products you never reach for)
- **Thursday:** linen closets (do you need more than 2 towels per person, more than one set of sheets?)
- **Friday:** medicine (expired meds)
- **Saturday:** cleaning supplies (toxic products, almost empty, ones you never reach for)
- **Sunday:** Do a donation drop off





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Checklist

Simplify the Spaces Nobody Sees

- ☐ Declutter one junk drawer
- ☐ Declutter bathroom drawers
- ☐ Declutter medicine cabinet
- ☐ Declutter under sinks
- ☐ Simplify cleaning supplies
- ☐ Declutter linen closet
- ☐ Remove expired products
- ☐ Remove duplicate products

Create More Function

- ☐ Consolidate like items together
- ☐ Create extra breathing room on shelves
- ☐ Throw away broken items
- ☐ Remove "just in case" clutter
- ☐ Spend 10 minutes daily on hidden spaces