



# 21 – DAY MIND & SPACE DECLUTTER CHALLENGE



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LM MAGAZINE BY SARA FERNANDES

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# WELCOME!

## April is Declutter Month:

*The 21-Day Mind & Space Declutter  
Challenge*

Welcome to a transformational journey of clearing out the clutter—inside and out.

Over the next 21 days, you'll take small but powerful steps to free your space and mind, creating room for clarity, calm, and what truly matters.

Each day, you'll complete a simple yet meaningful decluttering task—some for your environment, some for your mental well-being. By the end of the challenge, you'll feel lighter, more in control, and aligned with a life that feels spacious and intentional.



# Monthly Planner

I start my challenge on the:

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MON.

TUE.

WED,

THUR.

FRI.

SAT.

SUN.


# WEEK 1

## Clear Your Space (Physical Space Decluttering)

**Focus:** Organizing and simplifying your surroundings to create a sense of calm.

- **Day 1:** Tidy Up Your Desk/Work Area

**Task:** Clear and organize your workspace, removing unnecessary items.

**Journal:** How does your workspace affect your productivity and mood? What did you notice after decluttering?









# WEEK 1

## Clear Your Space (Physical Space Decluttering)

**Focus:** Organizing and simplifying your surroundings to create a sense of calm.

- **Day 2:** Declutter Your Inbox

**Task:** Delete old emails, unsubscribe from irrelevant newsletters, and organize important messages.

**Journal:** How does having an organized inbox reduce mental clutter? How will you keep it tidy moving forward?









# WEEK 1

## Clear Your Space (Physical Space Decluttering)

**Focus:** Organizing and simplifying your surroundings to create a sense of calm.

- **Day 3:** Refresh Your Entryway

**Task:** Declutter your front door area—organize shoes, bags, and coats to create a welcoming space.

**Journal:** How does this space influence your mindset when entering and leaving your home?









# WEEK 1

## Clear Your Space (Physical Space Decluttering)

**Focus:** Organizing and simplifying your surroundings to create a sense of calm.

- **Day 4:** Closet Cleanout (Part 1: Shoes & Accessories)

**Task:** Sort through your shoes and accessories—keep only what you love and use. Donate the rest.

**Journal:** What emotions came up while decluttering? How do you feel after letting go?









# WEEK 1

## Clear Your Space (Physical Space Decluttering)

**Focus:** Organizing and simplifying your surroundings to create a sense of calm.

- **Day 5:** Digital Detox

**Task:** Clean up your phone—delete unused apps, organize photos, and clear out unnecessary files.

**Journal:** How does a streamlined digital space impact your focus and mental clarity?









# WEEK 1

## Clear Your Space (Physical Space Decluttering)

**Focus:** Organizing and simplifying your surroundings to create a sense of calm.

- **Day 6:** Clear Your Kitchen Counters

**Task:** Remove clutter from your counters, keeping only the essentials.

**Journal:** How does a clutter-free kitchen change your cooking experience and daily mindset?









# WEEK 1

## Clear Your Space (Physical Space Decluttering)

**Focus:** Organizing and simplifying your surroundings to create a sense of calm.

- **Day 7:** Organize a Junk Drawer or Storage Area

**Task:** Pick one drawer or storage spot that always seems messy and organize it.

**Journal:** What was your biggest realization during this task? How can you prevent clutter from building up again?









## WEEK 2

# Clear Your Mind (Mental Decluttering)

**Focus:** Identifying mental clutter, setting boundaries, and creating space for clarity and peace.

- **Day 8:** Start a Morning Journal Practice

**Task:** Write freely for 5 minutes as soon as you wake up. Gratitude, dreams, thoughts—anything goes.

**Journal:** What did you notice in your writing? How did journaling affect your mindset for the day?









## WEEK 2

# Clear Your Mind (Mental Decluttering)

**Focus:** Identifying mental clutter, setting boundaries, and creating space for clarity and peace.

- **Day 9:** Identify Energy Drains

**Task:** Write freely for 5 minutes as soon as you wake up. Gratitude, dreams, thoughts—anything goes.

**Journal:** What's one small step you can take to minimize these drains?









## WEEK 2

# Clear Your Mind (Mental Decluttering)

**Focus:** Identifying mental clutter, setting boundaries, and creating space for clarity and peace.

- **Day 10:** Let Go of Perfectionism

**Task:** Identify one area where you hold yourself to unrealistic standards and give yourself grace.

**Journal:** What is “good enough” in this area? How does releasing perfectionism feel?









## WEEK 2

# Clear Your Mind (Mental Decluttering)

**Focus:** Identifying mental clutter, setting boundaries, and creating space for clarity and peace.

- **Day 11:** Set Boundaries with Technology

**Task:** Create one tech-free zone in your home or a daily tech-free time (e.g., before bed).

**Journal:** How did you feel without digital distractions? What will you continue?









## WEEK 2

# Clear Your Mind (Mental Decluttering)

**Focus:** Identifying mental clutter, setting boundaries, and creating space for clarity and peace.

- **Day 12:** Rewrite a Limiting Belief

**Task:** Write down a limiting belief that holds you back and rewrite it into an empowering statement.

**Journal:** How does this new belief shift your perspective?









## WEEK 2

# Clear Your Mind (Mental Decluttering)

**Focus:** Identifying mental clutter, setting boundaries, and creating space for clarity and peace.

- **Day 13:** Practice 5 Minutes of Deep Breathing

**Task:** Take 5 minutes to focus on slow, deep breathing, releasing tension with each exhale.

**Journal:** What did you notice about your body and mind after this practice?









## WEEK 2

# Clear Your Mind (Mental Decluttering)

**Focus:** Identifying mental clutter, setting boundaries, and creating space for clarity and peace.

- **Day 14:** Simplify Your Schedule

**Task:** Look at your calendar and remove commitments that don't serve you.

**Journal:** How does an uncluttered schedule make you feel? What will you prioritize moving forward?









# WEEK 3

## *Build New Habits (Creating a Balanced, Mindful Life)*

**Focus:** Developing simple, sustainable habits to maintain a decluttered mind and space.

- **Day 15:** Start Your Day with Mindfulness

**Task:** Begin your day with a mindful practice—breathing, stretching, or quiet reflection.

**Journal:** How did this shift your energy for the day?









# WEEK 3

## Build New Habits (Creating a Balanced, Mindful Life)

**Focus:** Developing simple, sustainable habits to maintain a decluttered mind and space.

- **Day 16:** Adopt a Daily Decluttering Habit

**Task:** Pick one small area (countertop, nightstand, drawer) to tidy up daily.

**Journal:** How does this simple habit affect your sense of control and order?









# WEEK 3

## *Build New Habits (Creating a Balanced, Mindful Life)*

**Focus:** Developing simple, sustainable habits to maintain a decluttered mind and space.

- **Day 17:** Plan One Week of Simple Meals

**Task:** Create a simple meal plan for the next week to reduce decision fatigue.

**Journal:** How does meal planning support a clearer mind and smoother days?









# WEEK 3

## Build New Habits (Creating a Balanced, Mindful Life)

**Focus:** Developing simple, sustainable habits to maintain a decluttered mind and space.

- **Day 18:** Say No to Something That Drains You

**Task:** Identify one obligation, habit, or request you don't truly want to do—and say no.

**Journal:** How did it feel to say no? How can you continue to set boundaries?









# WEEK 3

## *Build New Habits (Creating a Balanced, Mindful Life)*

**Focus:** Developing simple, sustainable habits to maintain a decluttered mind and space.

- **Day 19:** Declutter Your Social Media Feed

**Task:** Unfollow accounts that don't inspire or serve you.

**Journal:** How does a curated social feed impact your mood and mindset?









# WEEK 3

## Build New Habits (Creating a Balanced, Mindful Life)

**Focus:** Developing simple, sustainable habits to maintain a decluttered mind and space.

- **Day 20:** Set 3 Meaningful Intentions for the Day

**Task:** Write down three things you want to focus on today—things that truly matter to you.

**Journal:** How did focusing on these priorities shift your day?





# WEEK 3

## Build New Habits (Creating a Balanced, Mindful Life)

**Focus:** Developing simple, sustainable habits to maintain a decluttered mind and space.

- **Day 21:** Reflect on Your Progress & Plan Your Next Steps

**Task:** Look back at the last 21 days—what has changed in your space, your habits, and your mindset?

**Journal:** What's one habit or change you'll carry forward? How will you continue your decluttering journey?













*Congratulations!*

