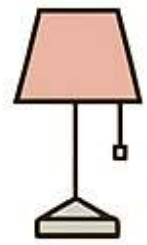
7-Day Home Refresh Challenge

Feeling stuck in clutter or chaos? These simple daily faks will bring calm back to your home—one space at a time.

Clear The Surfaces	Start small. Clear kitchen counters, nightstands, and tables. Keep only what you use daily. 
Simplify The Kitchen	Toss expired food, wipe down shelves, and organize one drawer or cabinet. 
Bedroom Reset	Wash bedding, declutter your nightstand, and remove anyth- ing that deesn't belong. 
Bathroom Refresh	Toss old products and give the sink and mirror a quick clean. 
Living Room Lift	Fold blankets, fiuff'pillows, and put away random items. 
Laundry & Linens	Wash towels and sheets. Declutter one laundry shelf. 
Digital Declutter	Delete screenshots, unsubscribe from emails, and clean your camera