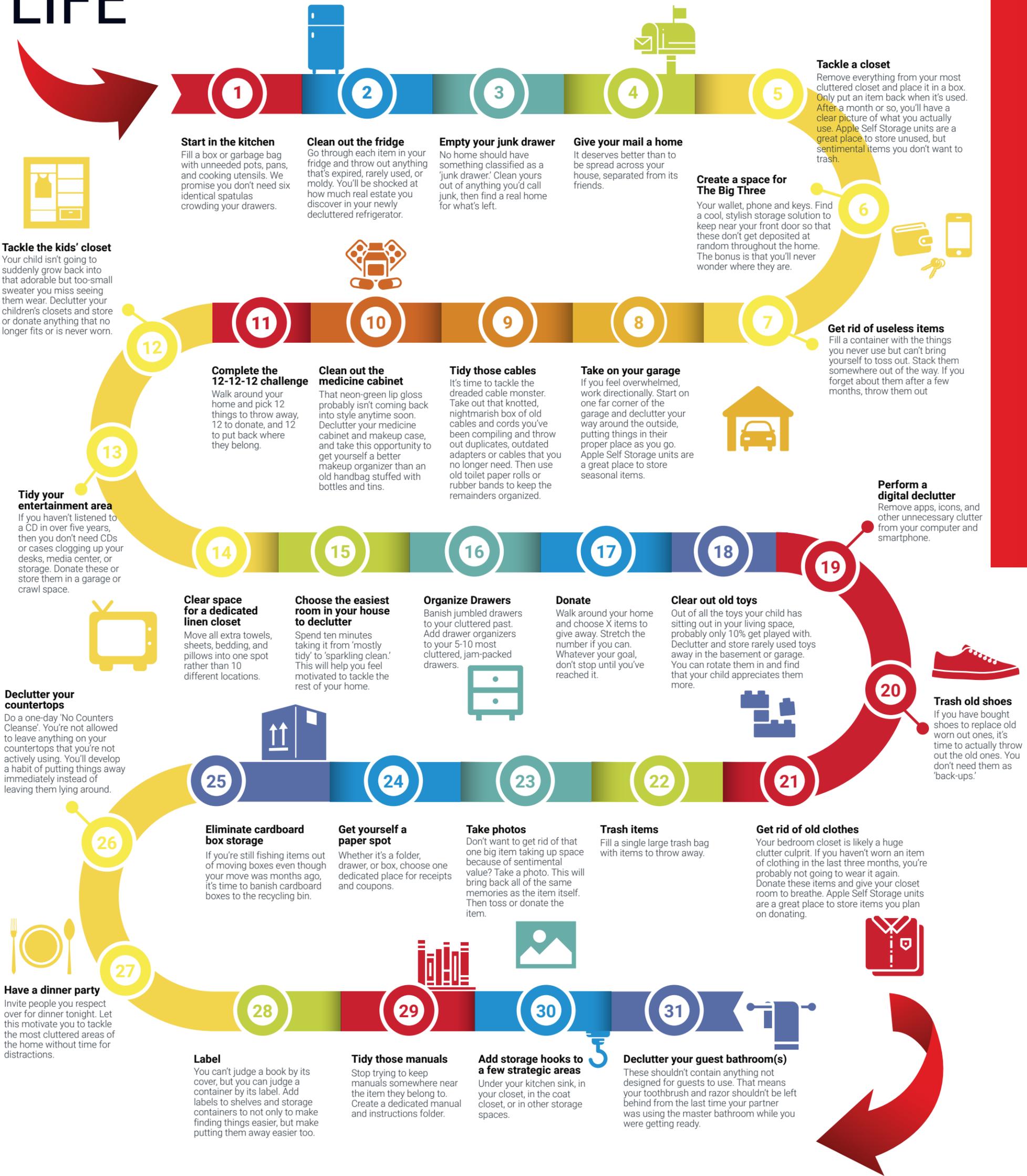


# 31 DAYS TO A DECLUTTERED LIFE

**Did you know?** Those with less clutter, sleep better. Decluttering also reduces anxiety, irritability and stress while improving concentration by providing less distraction. There are so many benefits to decluttering your home, but how do you do it?

Here is a simple monthly plan to make decluttering a breeze.



COMPLETED ALL 31 TASKS?  
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