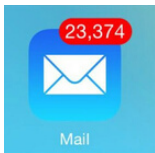




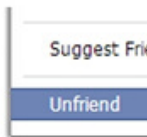
7 DAY DE-CLUTTER CHALLENGE



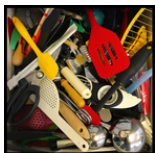
DAY 1: Throw away old mail, file what you need to keep



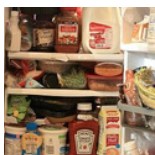
DAY 2: Archive, filter, and delete emails in your inbox



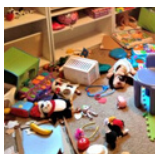
DAY 3: Smack the "block" button on negativity in your social media accounts



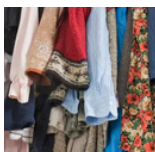
DAY 4: Organize the junk drawers in your kitchen, office, and bathrooms



DAY 5: Clean out the refrigerator



DAY 6: Toss and donate toys the kiddos no longer play with



DAY 7: Donate clothes that don't fit your body or the vision you hold for yourself