

The 5-Minute Organization Challenge for Residents

Declutter your space. Clear your mind. One step at a time.

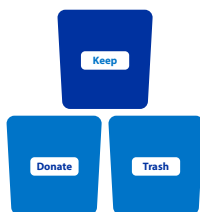
Three Things You Will Need:



Timer or phone
with a stopwatch



1 small space to tackle
(drawer, shelf, nightstand, etc.)



3 bins, bags, or areas labeled:
Keep | Donate | Trash

Step-by-Step (Set timer for 5 minutes)

- 1 Pick one small area**
like a junk drawer, a corner of your closet, or the kitchen counter.
- 2 Touch each item and ask:**
 - “Does this bring me joy?”
 - “Is this something I use regularly?”
 - “Would I buy this again today?”
- 3 Sort items into 3 piles:**
 - **Keep:** It serves a purpose or brings you joy.
 - **Donate:** It’s in good condition but no longer serves you.
 - **Trash:** It’s broken, expired, or not useful to anyone.
- 4 Wipe down the space.**
A clean surface helps reset your mind.
- 5 Put “Keep” items back with intention.**
Store by frequency of use. Group similar items.

Progress Over Perfection

Even if you only make a decision on one item, that’s a meaningful step. The goal isn’t to finish — it’s to build the habit of showing up for yourself and your space.

Make It a Micro-Habit:

Repeat this challenge daily or weekly with a new small space. Tiny, consistent choices create lasting change — both physically and mentally.

Why It Works:

- Reduces mental clutter and decision fatigue
- Builds confidence through small wins
- Creates visual calm and a sense of control
- Supports long-term mental well-being

“Let your home reflect the life you're actively choosing — not the clutter of indecision.”