



Declutter to Discover

A 3-Week Challenge for Jack and Jill Moms

August 10 - August 31, 2025

Hosted by Ashley Hines, Thee Tailored Life

This challenge is more than tidying up; it's a journey of self-discovery.

Over the next three weeks, you'll reflect, release, and reset your space with intention and purpose.

Week 1 | Define Your Why

August 10-16

- Reflect on your feelings about clutter (e.g., overwhelmed, inspired, anxious)
- Identify your top 3 current values
- Set ONE small space to declutter this month

Reflection:

What feelings come up when I think about decluttering?

What are my top 3 values right now?

1. _____
2. _____
3. _____

What do I want my space to say about me?

Week 2 | Your 15-Minute Win

August 17-23

- Pick a small space (handbag, car, nightstand, drawer)
- Set a timer for 10-15 minutes and declutter
- Use the "Why Keep It?" questions:

- Why did I get this?
- Does it reflect who I am today?
- What would letting go mean?

Reflection:

What did I learn about myself while decluttering this space?

What did I decide to keep or let go of? Why?

Week 3 | Digital or Closet Reset

August 24-31

- Choose either digital (emails, apps, photos) or closet (clothes, shoes)
- Declutter thoughtfully, using the same reflection questions

Reflection:

What habit or belief am I ready to change?

What am I making space for in this next season of life?

Raffle Prize!

Complete all 3 weeks and be entered to win:

- 1-hour virtual closet session with Ashley Hines of Thee Tailored Life (value \$125)
- \$50 Container Store gift card

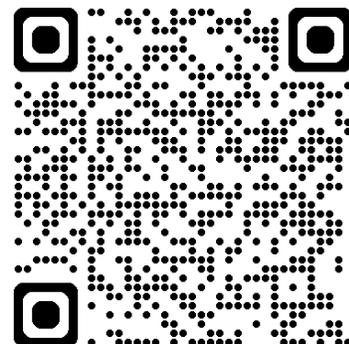
Deadline: August 31, 2025

Winner announced in early September

Ready to begin?

Make space for peace, purpose, and YOU.

Visit: www.theetailoredlife.com/jackandjill



Helpful Tips for Your Decluttering Journey

Getting Ready

- Clarify your *why*: physical, mental, emotional, spiritual, or financial goals
 - Visualize your ideal space – how it looks, feels, smells, sounds, and even tastes
 - Identify challenges and time/money available
 - Decide if anyone else should join you in this process
 - Gather supplies: large garbage bags or boxes, paper, stickers, markers
 - Plan where you'll donate, discard, or sell items (including transportation)
 - Share your goal with an accountability partner or friend for support
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Decluttering Success Tips

- Focus on *one space at a time* to avoid overwhelm
 - Remove everything from the space and clean surfaces before sorting
 - Make decisions on every item using these categories:
 - Keep, Relocate, Fix, Recycle/Trash, Donate, Sell
 - Use these guiding questions:
 - Do I need, use, and love this?
 - Does it add value to my daily life?
 - Does it fit my current lifestyle and values?
 - How does it make me feel?
 - Would I miss it, or would someone else benefit more?
 - Would I repurchase it at full price?
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After Decluttering

- Donate items ASAP to trusted organizations such as: St. Vincent de Paul, Convergence Resource Center, Salvation Army, Habitat for Humanity ReStore, and Goodwill
- Recycle textiles at places like H&M or local textile recycling centers
- Discard responsibly—check local dump guidelines for exclusions
- Sell gently used items on platforms like Poshmark or Facebook Marketplace
- Return items still within return windows
- Set realistic maintenance boundaries:
 - Pick a regular reset day
 - Keep a donation and return bin handy
 - Limit shopping by practicing slow buying or #NoNewThingsChallenge