

# The Simplicity Challenge

## 5 Gentle Steps to a Calmer, Clutter-Free Space

Designed for the Simplicity Seeker who craves calm, clarity, and ease—without an all-or-nothing reset. Complete one step per day or start wherever feels most supportive.

### Day 1 – Clear One Surface

Choose a countertop, desk, or shelf. Remove everything that doesn't serve a purpose or spark calm.

Why it matters: A clear surface signals safety and control to your nervous system.

#### **Support this step:**

Minimal Storage Trays  
Ceramic Catch-Alls

### Day 2 – Simplify Your Morning

Replace one habit or item that adds friction with something easier.

Why it matters: Small morning shifts change the tone of the entire day.

#### **Support this step:**

Electric Kettles  
Streamlined Coffee Tools

### Day 3 – Edit Your Digital Space

Unsubscribe from 5 emails or delete 10 unused apps.

Why it matters: Mental clutter often starts on our screens.

#### **Support this step:**

Minimal Planners  
Desk Organizers

### Day 4 – Create a Calm Corner

Style a small space with just three grounding items.

Why it matters: This becomes a visual cue to pause and breathe.

#### **Support this step:**

Candles for Calm  
Soft Throws

### Day 5 – Define Your “Enough”

Write down what “enough” looks like for you in one area of life.

Why it matters: Knowing your enough supports intentional choices.



**Support this step:**  
Timeless Home Essentials

## Bonus

Share your favorite simplified space using **#SpendWithHeart** and explore intentional pieces that support calm—not clutter.

Explore the Simplicity Seeker Collection →

