



# Refresh Your Home Sanctuary: A Holistic Declutter & Sanctify Checklist

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# Introduction.

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Decluttering isn't only about tidying up; it can be a powerful spiritual practice to release stuck energy, outdated patterns, and anything blocking the free flow of creative energy through your home and life. As you clear physical spaces, set the intention to let go of what no longer serves you—making room for inspiration, joy, and abundance to flow freely. Before you begin, take a moment to breathe deeply and set an intention: *“As I release these items, I let go of all that holds me back, creating space for new energy, creativity, and opportunities to flow into my life.”*

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## Whole-Home Ritual: Start Fresh

- Open all the windows to let fresh air circulate through your home.
  - Gather donation bags and recycling bins for items you'll release.
  - Play uplifting music or light a candle to infuse the space with positive energy.
  - Work one area at a time—don't move to the next until you've completed the current space.
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## Kitchen: Release Clutter, Welcome Nourishment

- Open and empty all drawers and cupboards.
  - Discard expired or unused pantry items.
  - Donate duplicate gadgets or dishes you no longer need.
  - Wipe down shelves and reorganize essentials for easy access.
  - Set aside one drawer or shelf for items that bring joy—a favorite tea or beautiful dish.
  - Add a plant, candle, or inspiring note to make the space welcoming.
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## Living Room: Clear the Heart of Connection

- Open and declutter storage spaces like drawers, media cabinets, or baskets.
- Let go of books, magazines, or decor that no longer resonates.
- Clear all surfaces, keeping only meaningful or functional items.
- Dust and vacuum for a refreshed feel.
- Create a cozy corner with a blanket, pillow, and candle for quiet reflection or relaxation.



### Bedroom: Invite Rest and Renewal

- Pull everything out of your closet and drawers.
  - Release clothes, shoes, or accessories you haven't worn in a year.
  - Declutter under the bed—clear stagnant energy and unnecessary storage.
  - Organize your nightstand, keeping only items that promote rest (e.g., a book, lamp, or journal).
  - Add calming touches like lavender sachets, soft lighting, or a crystal for restful energy.
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### Bathroom: Refresh Your Sacred Space

- Open cabinets, drawers, and shelves.
  - Discard expired or half-used products you no longer use.
  - Clean mirrors, counters, and sinks until they sparkle.
  - Reorganize daily-use items for simplicity and ease.
  - Add a small plant, candle, or essential oil diffuser for a spa-like atmosphere.
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### Office: Clear Space, Boost Creativity

- Empty all drawers, cupboards, and files.
  - Shred or recycle old papers and let go of items that no longer serve your work.
  - Tidy your computer desktop and organize digital files.
  - Declutter your desk, keeping only essential tools and a few inspiring objects.
  - Add a vision board, motivational quote, or favorite photo to energize your workspace.
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### Sacred Touches: Infuse Your Space with Intention

- Smudge each room with sage, palo santo, or incense to clear residual energy.
- Place a crystal, candle, or meaningful object in each space as a symbol of new beginnings.
- Reflect on the process: Write in a journal about how it feels to release old energy.



## Create A Refrigerator Sticky Note:

*"What one thing can I let go of today to create space for something beautiful?"*

Letting go clears not just physical space but also mental, emotional, and spiritual pathways for creativity, inspiration, and love to flow into your life. Enjoy the freedom and peace of your newly created sanctuary!

