



7-Day Digital Declutter Challenge



Visit the Digital Growth Sanctuary

www.myselfgrowthtools.com

The 7-Day Digital Declutter Challenge

The Goal: Reclaim your focus, save battery life, and stop the "digital noise" from draining your mental energy.

Day 1: The Smartphone Purge



- **The Start:** Delete any app you haven't opened in the last 30 days.
- **The Deep Clean:** Move all remaining apps (except the 4 you use most) into folders on the second screen.
- **The Win:** Your home screen should be a "blank slate" that doesn't overstimulate you the moment you unlock your phone.

Day 2: Desktop & Downloads "Zero"



- **The Start:** Move every "single" file/shortcut (not apps or folders) on your computer desktop into one folder labeled "To Sort."
- **The Deep Clean:** Empty your "Downloads" folder. If you haven't used it in a month, delete it. Purge and organize the "To Sort" folder.
- **The Win:** A clear desktop is a clear mind. No more visual clutter when you start your work.

Day 3: The Subscription Audit



- **The Start:** Go to your App Store/Play Store settings and your bank statement. List every recurring "Digital" payment.
- **The Deep Clean:** Cancel at least one subscription you no longer find "essential."
- **The Win:** You just gave yourself a monthly "raise" by cutting digital waste.

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Day 4: The Inbox Intervention



- **The Start:** Do not try to delete every email. Instead, search the word "Unsubscribe" in your search bar.
- **The Deep Clean:** Spend 15 minutes unsubscribing from every retail or newsletter list that doesn't make you smarter or happier.
- **The Win:** You've cleared your future schedule by preventing hundreds of unwanted emails from ever hitting your inbox.

Day 5: Social Media "Mute" Fest



- **The Start:** Scroll through your "Following" list.
- **The Deep Clean:** Unfollow or "Mute" any account that makes you feel "less than," anxious, or annoyed. Your feed should be a source of inspiration, not comparison.
- **The Win:** You've curated a digital environment that supports your mental health.

Day 6: Notification Lockdown



- **The Start:** Go to Settings > Notifications.
- **The Deep Clean:** Turn off all notifications except for Phone Calls and Direct Messages from real people. No "Likes," no "News Alerts," no "Sale Reminders."
- **The Win:** You now decide when to check your phone; your phone no longer decides when to interrupt you.

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Day 7: The Cloud & Photo Dump



- **The Start:** Delete blurry photos, accidental screenshots, and duplicate videos from your cloud and/or phone storage.
- **The Deep Clean:** Organize the remaining photos into up four main folders for your files. Suggestion: Personal, Work, Print, and Archive.
- **The Win:** You've created a system that stays organized, making it easier to find what matters.

Congratulations! You completed the challenge! I hope you're proud of yourself and feeling both accomplished and more at peace in your daily life.

Remember, digital decluttering is a habit, not a one-time event. You may want to complete this challenge once per quarter or at least 2x/year.

If you're interested in more tools to support your life beyond the digital clutter, I welcome you to check out myselfgrowthtools.com - a free suite of 18+ tools to help you declutter your life, master your habits, and level up. Whether you're focused on healing, recovery, or self-actualization, there is a tool waiting for you.

Ready for the next step? Head on over to myselfgrowthtools.com now - it's free, friend.

Love,
Steph