The Declutter Challenge

Thirty days, one area a day. Small daily steps until the house feels lighter.

Decluttering a whole house can feel like too much to start. This challenge breaks it into one small area a day, in an order that works: storage and the busy rooms first, then the bedrooms and papers, then the last corners, the donations and the reorganizing. Each day takes about 20 to 30 minutes. Before Day 1, set out three bags or boxes marked keep, donate and toss.

THE 30 DAYS AT A GLANCE

- ☐ **DAYS 1 TO 10** · PAGE 2
  Storage, the garage, the entry, the kitchen, laundry and linens.
- ☐ **DAYS 11 TO 20** · PAGE 3
  Bedrooms, closets, bathrooms, toys, the office, papers and storage.
- ☐ **DAYS 21 TO 30** · PAGE 4
  The last rooms, outside, the car, donations, trash and reorganizing.
- ☐ **DECLUTTERING TRACKER** · PAGE 5
  Write down the bigger items and where each one goes.
- ☐ **DONATIONS AND NOTES** · PAGE 6
  Where each bag is going, and when it leaves the house.

REMEMBER

One area a day. Miss a day? Pick up where you left off.

MY DATES

Start _____

Finish _____

Drop-off _____

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Days 1 to 10

Storage and the busy rooms first. That's where clutter piles up fastest.

- [ ] **DAY 1 · BASEMENT OR ATTIC, PART 1**
  Sort what's stored there. Toss what's old or broken, donate what no one uses.
- [ ] **DAY 2 · BASEMENT OR ATTIC, PART 2**
  Finish the sort and group what you keep by type.
- [ ] **DAY 3 · GARAGE**
  Clear what's old, broken or no longer used, and make a spot by the door for donation bags.
- [ ] **DAY 4 · ENTRY CLOSET**
  Go through everything in the closet and bag what you no longer need.
- [ ] **DAY 5 · KITCHEN TABLE AND CUPBOARDS**
  Clear the table, then go through the cupboards one shelf at a time.
- [ ] **DAY 6 · FRIDGE AND FREEZER**
  Toss anything expired and wipe the shelves as you go.
- [ ] **DAY 7 · PANTRY AND JUNK DRAWER**
  Expired food out, then the junk drawer, bakeware, food containers without lids and utensils.
- [ ] **DAY 8 · LIVING ROOM**
  Old electronics, furniture and decor you no longer use or love.
- [ ] **DAY 9 · LAUNDRY ROOM**
  Toss old products and supplies, and clean and wipe down the machines.
- [ ] **DAY 10 · LINEN CLOSET AND STORAGE**
  Worn towels and sheets, old cleaning products and supplies.

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Days 11 to 20

Bedrooms, closets and papers. One space at a time.

- [ ] **DAY 11 · BEDROOM CLOSETS, PART 1**
  Start with your own closet. Bag donations and what to toss.
- [ ] **DAY 12 · BEDROOM CLOSETS, PART 2**
  The next closet. Donation bags go straight to the car.
- [ ] **DAY 13 · BEDROOM CLOSETS, PART 3**
  Finish the last bedroom closet.
- [ ] **DAY 14 · DRESSERS AND DRAWERS**
  One drawer at a time. Bag donations and what to toss.
- [ ] **DAY 15 · BATHROOMS AND MEDICINE CABINET**
  Toiletries and products you don't use, and expired medicine. Ask your pharmacy about medicine drop-off.
- [ ] **DAY 16 · TOYS AND PLAYROOM**
  Broken toys out, outgrown toys donated. No kids at home? Do the craft or hobby supplies.
- [ ] **DAY 17 · HOME OFFICE AND BOOKS**
  Clear the desk drawers and donate the books you won't read again.
- [ ] **DAY 18 · MAIL AND PAPERS**
  Sort receipts and unopened mail. File what you need and shred the rest.
- [ ] **DAY 19 · STORAGE ROOM, PART 1**
  Sort what's stored there and take out the trash.
- [ ] **DAY 20 · STORAGE ROOM, PART 2**
  Finish the storage room and group what you keep.

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Days 21 to 30

The last corners, the donations and a rest you've earned.

- [ ] **DAY 21 · ANY OTHER ROOMS**
  Go through the rooms left. Trash out, donations aside.
- [ ] **DAY 22 · ANY OTHER CLOSETS**
  The same for the closets left: hall, guest and coat.
- [ ] **DAY 23 · BACKYARD AND SHED**
  Damaged tools, furniture, decor and supplies.
- [ ] **DAY 24 · CAR**
  Empty every compartment, vacuum the floors, wash the mats and clean the seats.
- [ ] **DAY 25 · DONATIONS**
  Schedule pickups or drop off everything you've bagged. Page 6 keeps track.
- [ ] **DAY 26 · TRASH, PART 1**
  Sort and bag everything left to toss.
- [ ] **DAY 27 · TRASH, PART 2**
  Take it out and book a bulky pickup if you need one.
- [ ] **DAY 28 · REORGANIZE, PART 1**
  Walk through the decluttered rooms and put back what's out of place.
- [ ] **DAY 29 · REORGANIZE, PART 2**
  Finish the walk-through and give the things you kept a home.
- [ ] **DAY 30 · REST**
  You're done. Put your feet up and enjoy your lighter home.

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Decluttering Tracker

For the bigger items. Decide once, write it down and move on.

DECLUTTERING TRACKER

ITEM	KEEP	DONATE	TOSS
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Donations and Notes

Where each bag is going, and when it leaves the house.

DONATION TRACKER

WHAT	WHERE IT GOES	DATE	
			☐
			☐
			☐
			☐
			☐
			☐
			☐
			☐

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