

30 DAY DECLUTTERING CHALLENGE

10 TO 20 MINS A DAY. SMALL WINS THAT ADD UP.



SET A TIMER



ONE BAG / BOX
(IF POSSIBLE)



KEEP



DONATE



SELL



RECYCLE



TRASH

1 
TRASH BAG SPRINT
(obvious rubbish only)

2 
ENTRYWAY
(shoes, coats, bags)

3 
WALLET & HANDBAG
(old receipts, old cards)

4 
BATHROOM CABINETS
(expired, duplicates)

5 
MAKEUP & SKINCARE
(expired, keep faves)

6 
LAUNDRY & CLEANING
(old products, random items)

7 
DROP-OFF CHECKPOINT
(donations out, trash out)

8 
KITCHEN DRAWERS
(utensils, gadgets)

9 
FOOD CONTAINERS
(toss old, broken)

10 
MUGS & CUPS
(keep what you use)

11 
PANTRY
(expired, duplicates)

12 
SPICES
(duplicates, unlabeled, expired)

13 
FRIDGE & FREEZER
(expired, never used)

14 
DROP-OFF CHECKPOINT
(donations out, trash out)

15 
SOCKS & UNDERWEAR
(worn out, unmatched)

16 
T-SHIRTS & TOPS
(keep best)

17 
PANTS & SKIRTS
(keep best)

18 
JACKETS & COATS
(donate extras)

19 
SHOES
(keep what fits and you wear)

20 
ACCESSORIES
(broken, old, don't use)

21 
DROP-OFF CHECKPOINT
(donations out, trash out)

22 
PAPER PILE
(old notes, junk mail, flyers)

23 
BOOKS & MAGAZINES
(expired, won't read again)

24 
KIDS PAPERS
(keep the best, recycle the rest)

25 
CABLES & CHARGERS
(keep what you need)

26 
PHONE CLEAN OUT
(screenshots, unused apps)

27 
LIVINGROOM
(old decor, old games, junk)

28 
STORAGE SPOT
(one box for storage)

29 
SENTIMENTAL BOX
(limit & curate)

30 
FINAL SWEEP
(finish up & drop off)

PROGRESS: STARTED WEEK 1 WEEK 2 WEEK 3 WEEK 4 DONE