

# 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