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