

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

<p>1</p> <p>TRASH BAG SPRINT (obvious rubbish only)</p>	<p>2</p> <p>ENTRYWAY (shoes, coats, bags)</p>	<p>3</p> <p>WALLET & HANDBAG (old receipts, old cards)</p>	<p>4</p> <p>BATHROOM CABINETS (expired, duplicates)</p>	<p>5</p> <p>MAKEUP & SKINCARE (expired, keep faves)</p>	<p>6</p> <p>LAUNDRY & CLEANING (old products, random items)</p>
<p>7</p> <p>DROP-OFF CHECKPOINT (donations out, trash out)</p>	<p>8</p> <p>KITCHEN DRAWERS (utensils, gadgets)</p>	<p>9</p> <p>FOOD CONTAINERS (toss old, broken)</p>	<p>10</p> <p>MUGS & CUPS (keep what you use)</p>	<p>11</p> <p>PANTRY (expired, duplicates)</p>	<p>12</p> <p>SPICES (duplicates, unlabeled, expired)</p>
<p>13</p> <p>FRIDGE & FREEZER (expired, never used)</p>	<p>14</p> <p>DROP-OFF CHECKPOINT (donations out, trash out)</p>	<p>15</p> <p>SOCKS & UNDERWEAR (worn out, unmatched)</p>	<p>16</p> <p>T-SHIRTS & TOPS (keep best)</p>	<p>17</p> <p>PANTS & SKIRTS (keep best)</p>	<p>18</p> <p>JACKETS & COATS (donate extras)</p>
<p>19</p> <p>SHOES (keep what fits and you wear)</p>	<p>20</p> <p>ACCESSORIES (broken, old, don't use)</p>	<p>21</p> <p>DROP-OFF CHECKPOINT (donations out, trash out)</p>	<p>22</p> <p>PAPER PILE (old notes, junk mail, flyers)</p>	<p>23</p> <p>BOOKS & MAGAZINES (expired, won't read again)</p>	<p>24</p> <p>KIDS PAPERS (keep the best, recycle the rest)</p>
<p>25</p> <p>CABLES & CHARGERS (keep what you need)</p>	<p>26</p> <p>PHONE CLEAN OUT (screenshots, unused apps)</p>	<p>27</p> <p>LIVINGROOM (old decor, old games, junk)</p>	<p>28</p> <p>STORAGE SPOT (one box for storage)</p>	<p>29</p> <p>SENTIMENTAL BOX (limit & curate)</p>	<p>30</p> <p>FINAL SWEEP (finish up & drop off)</p>

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