

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