

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