

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

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