

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

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