

# The Declutter Challenge

**Painlessly declutter your home in 30 days  
by following this step-by-step challenge.**

When your home is filled with clutter, it's hard to know where to start. This challenge makes it much easier, by giving you a new area to tackle every day for 30 days.

Some days you may only spend 5 minutes tackling this decluttering challenge, other days you may spend an hour or more.

It really all depends on the size of your home, and how much clutter you have.

## **Reasons you need to take The Decluttering Challenge:**

- Less mess means less stress.
- Create a home you love.
- Have a home that is always guest ready.
- Have a healthier, cleaner home.

## **How To Organize Your Home In 30 Days?**

Everything in your home should be something you use, need, or love. If something doesn't fall into these categories, it's time to let it go.

Your home should reflect who you are and what you love. It should be a place of comfort and happiness. When you tackle the clutter that is just making your home messy, you are giving yourself peace of mind.

When you have less stuff, your home is less likely to get out of control again.

Set up a storage bin for the following, you will be using these things every day as you tackle the clutter, so have them ready.

- Items to sell
- Items to donate
- Trash bags for all that stuff you will throw away.

Now it's time to minimize clutter and simplify your life!

# The Declutter Challenge

## Declutter Challenge: Week One KITCHEN

**Day 1: Refrigerator** Take everything out and put it in a cooler. Discard all expired food. Wipe clean the shelves and drawers, before putting the food back in.

**Day 2: Freezer** Just like you did the day before with the refrigerator. Remove everything and place it in a cooler. Toss anything more than 6 months old. Wipe out the freezer before replacing the food.

**Day 3: Pantry** Take everything out and place it on the kitchen table. Check expiration dates as you go. If you are unsure, toss it. Wipe down all the pantry shelves before putting the food back. Organize the food as you place it back onto the shelves.

**Day 4: All Kitchen Drawers** Today is the day you will go through every drawer in your kitchen. Yes, that includes the JUNK drawer! Discard anything that you no longer use or haven't used in over a year. Now is the time to go through all of those extra utensils, if you don't use them, get rid of them.

### **Day 5: All Top Cabinets**

Now if you have a large kitchen then just tackling the top cabinets will make things easier. Start with one cabinet at a time and remove everything. Get rid of anything broken or chipped. Remember you don't need 50 food storage lids. In fact, go ahead and match all food storage containers with lids, if you have any leftover with a missing piece toss it. Wipe out the cabinets before you put everything back.

### **Day 6: All Bottom Cabinets**

Do exactly as you did the day before, this time with the bottom cabinets. If you have a lot of pots and pans, now is the time to get rid of what you don't ever use. If you have scratched frying pans, toss those because they aren't healthy for you.

### **Day 7: Kitchen Counters**

Instantly make your kitchen look clean, keep the countertops clear. Only store what you use daily on your counters. Completely clean off your kitchen counters. Wipe them clean, and Decide what you can store away.

# The Declutter Challenge

## Declutter Challenge: Week Two BEDROOMS

**Day 8: Dresser Drawers** Lay a sheet on the floor. Take all the clothes out of the drawers and place them on the sheet. Make sure you have your sell bin, donation box, and trash bags with you. If it doesn't fit but is in good condition, then donate it. If it has rips or stains, toss it. Go through all the clothing drawers in your home.

**Day 9: Nightstands** This should be a simple day. Clean out the nightstands in every room.

**Day 10: Master Closet** This may seem overwhelming because we tend to hold on to clothing for sentimental reasons. Maybe it's an outfit we wore to something special or an outfit that doesn't fit but we hope to fit into it again. Trust me when I say, downsizing your wardrobe to your favorite clothing items will actually help you have things to wear. You can donate, sell or toss the items you no longer wish to keep!

**Day 11: All Other Closets** This is the day to tackle kid's closets and guest room closets. Use the same guide that you used the day before. Don't forget your bin, box, and trash bags. You will need them.

**Day 12: Under Beds** If you do not utilize under the bed storage, then you need to. This is a great space to store out of season clothing items. - Another great thing about having under the bed storage is it leaves no room for junk to accumulate.

**Day 13: Master Bedroom** It's time to go through your any of the other spaces you have not yet tackled above, don't worry you've got this! Utilize those sell, donate bins and be prepared with a few toss bags!

**Day 14: Kids Rooms** Let the kids help - give them a box for donations and one trash bag. Explain to them to add things they no longer have an interest in into the donation bin and anything that is broken or trash into the trash bag. NOTE: I recommend taking a peek in the donations and trash bag because what may not be important to them, can be an important memory for you!

# The Declutter Challenge

## Declutter Challenge: Week Three BATHROOMS

### **Day 15: Catch Up Day**

Woohoo!! You are halfway finished with this decluttering challenge. By now your house should have less stuff and look tidier. Some of the tasks like tackling the bedrooms may need more than one day, so this is a good day to catch up on any task that isn't finished.

### **Day 16: Bathroom Cabinets and Drawers**

Clean out all the cabinets and drawers in the bathrooms. Remember, if you haven't used it in over 6 months, there is a good chance you don't need it.

### **Day 17: Toiletries and Makeup**

Throw away anything expired. Other than that, toss anything that is more than a year old, or that you just don't like.

### **Day 18: Medicine Cabinet**

Do the same as you did the day before. Go through all the expiration dates of all your medications and supplements.

### **Day 19: Linen Closet**

Take everything out of the closet and wipe off the shelves. If you have old towels, sheets, or blankets go ahead and get rid of them.

### **Day 20: Laundry Room**

Clean up all around the washer and dryer. Sort the laundry in the baskets. Go ahead and get rid of all those mismatched socks that have been waiting in the laundry room for over a year waiting for its mate. Recycle any empty detergent bottles.

# The Declutter Challenge

## Declutter Challenge: Week Four Life

**Day 21: Remove Unused Apps** We all have unused apps on our phones, tablets, and computers. Today go through and delete anything you do not use.

**Day 22: Back-Up All Photos** Today back up all photos from your phone, tablets, and computer. Several years ago, I would back up all of my pictures to my computer from my phone. Then my computer crashed while updating. I lost everything; a very hard lesson learned! Now back up all my photos to icloud Photos. It's free up to a certain amount of storage, then it's still very affordable.

**Day 23: Paper Clutter** Today is the day to go through all of your paper clutter. Sort through all mail, loose papers, and important documents. Have that shredder handy! If you can, go paperless! Take this day to call creditors and utility providers to switch to paperless billing.

**Day 24: Inbox** It's time to clean out your inbox. Delete all old and unimportant emails. Then unsubscribe from every mailing list that does not serve you.

**Day 25: Wallet/Handbag** Today is the day you need to clean out all the receipts and junk that have accumulated in your wallet and purse. Remove everything from your purse by dumping it out and sorting through everything. If it is a receipt, you know you will not return or if it is a grocery receipt go ahead and throw it away. Only add things back that you absolutely need to carry around.

**Day 26: Cancel Unused Subscriptions** This should be an easy day. Check your bank statements for any reoccurring memberships and subscriptions you do not use. Make a list of them as you go, and then cancel them all.

# The Declutter Challenge

## Declutter Challenge: Week Five OTHER AREAS

### **Day 27: Car**

When you have kids, it seems your car becomes another place for storage, especially for extracurricular stuff. Today is the day to declutter your car. Take everything out that doesn't belong, and move it to its 'home' space inside your home! TIP: Have your family help out.

### **Day 28: Patio/Porch**

Take some time to clean up your porch and patio area. You want your front door area to be clean and decluttered to welcome guests. Remember it's the first thing they see when you come to your home.

### **Day 29: Other Rooms**

Use this day in the challenge to tackle any rooms you have left. This could be a home office, craft room, or guest room. Remember to just get everything out that doesn't belong.

### **Day 30: Décor**

Today is the last day of the decluttering challenge, congrats you've done it!!