



30 Day DECLUTTERING checklist

Let's build your decluttering muscle by tackling easy mini-projects over the course of a month. Each item on the list should take just 5-10 minutes to accomplish so you can fit it into your already busy life. After the 30 Days your home should feel lighter, things should be easier to find and most importantly you'll have built the confidence to tackle the bigger decluttering projects you've been dreading!

DAY

- 1 Find a donation box and set it some where out of the way but easy to access
- 2 Pull out all of your mugs, ditch the ones that never get used
- 3 Go through your nightstand drawer & surface, remove anything you don't use every night
- 4 Throw out any broken toys
- 5 Locate all 2023 calendars & planners and toss them
- 6 Round up all of the water bottles (kitchen, bedrooms, car) and edit - especially bottles with no lids
- 7 Gather all the books you read in 2023, if you won't read them again - donate or pass on to friends
- 8 Visit your closet and remove anything stained ripped or otherwise damaged
- 9 What's in your freezer that you haven't touched in 6 months+?
- 10 Examine your entryway, what are the essential items that should live there? Remove anything else & rehome or donate.
- 11 Find all of your duplicate kitchen gadgets/utensils - you don't need 3 of each!
- 12 Got any iPhone/Android/iPad boxes hanging around? You don't need them!
- 13 Round up old magazines/newspapers to recycle - welcome to 2024!
- 14 Who saves condiment packets? They're cluttering up your kitchen drawers - time to toss!
- 15 Spend a few minutes removing all of the trash/misc from your car



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- 16 Hit your medicine cabinet, toss anything expired or almost empty
- 17 Go through your Coat Closet or Rack, is there room for guest coats? If not, make some by donating or re-homing anything rarely worn
- 18 Today it's your purse or handbag - get in there and root out all the junk!
- 19 Go through your family games, which ones don't get played? Time to say goodbye
- 20 Time to get under your kitchen sink. Eliminate any duplicate cleaning supplies & store rarely-used ones somewhere else
- 21 Pop into the kids' rooms and grab anything they've grown out of - if a younger sib can use it move it, if not donate
- 22 Pull out all of your tupperware, remove anything mismatched or without a lid
- 23 It's okay to get rid of your appliance manuals - they are all easily accessible online
- 24 What crazy one-offs have found their way into your flatware drawer? Get in there and root them out
- 25 Sock drawer! Say goodbye to onesies and anything with a hole
- 26 Grab your phone or laptop and research local donation drop off spots, location, hours, process (prioritize drive thru!)
- 27 You're ready for your Junk Drawer! It's now re-branded it the Useful Things Drawer, it should be the go-to spot for things you need, toss everything else
- 28 Remove 3 things from your kitchen counter, make room for them in a cabinet or drawer by letting go of something else you don't need.
- 29 Mismatched bed linens can go, gather the sets and donate the rest
- 30 Donation Day! Load your box(es) in the car and head to the drive thru!