

31 DAYS



DECLUTTERING CHALLENGE

Day 1	Discard trash + donate items	Fill 2 bags: trash and donate daily for the next 30 days. If it is trash - you are free to dump it. If it belongs to somebody - "Thou shall not steal."
Day 2	Get rid of major items that no longer serve you.	Release your grip & guilt
Day 3	Remove contents of one drawer or shelf.	Discard junk, clean & organize contents.
Day 4	Set the timer for 15 minutes	Find one area that needs attention to clear and clean.
Day 5	Turn on music and clean refrig/freezer.	Discard expired items and re-organize shelves.
Day 6	80/20 Rule Most of us only use 20% of our clothes.	Get rid of clothing clutter. Move the clothes you wear to one space of your closet so you can clearly see what you use and don't use.
Day 7	Accessories	Sort and save only what you want and will wear. Donate or re-gift the rest.
Day 8	Vehicle	Declutter compartments & clean the interior spaces that are often neglected.
Day 9	Yard	Remove items that don't belong and tidy up your yard spaces.

Day 10	Plants	Prune
Day 11	Toys	Get rid of excess and organize toys that are worth saving
Day 12	Spontaneous Combustion Rule	If that thing suddenly vanished would you replace it or care? Determine what you value and what you should eliminate.
Day 13	20/20 Rule	Eliminate items you can easily replace in 20 minutes for \$20 or less. Especially duplicates.
Day 14	Email	Set your timer and delete mass junk mail and block spam.
Day 15	Images	Set your timer and delete photos and videos
Day 16	Text Messages	Delete old messages
Day 17	Supplies	Re-organize your supplies - put things together where you will use them.
Day 18	Decor	Get rid of old nic-nacs and dust collectors.
Day 19	Clear surface	Select one surface and clear and clean it. Create a new blank slate.
Day 20	Season Rule	If you have not used an item or clothing in the past 90 days or won't within the next season - discard it.
Day 21	Vision Power in written words	Envision the life you want and the space you wish to create. Remember your "why?" Journal your happily ever after dream.

Day 22	Kitchen	Eliminate gadgets and appliances that you never or rarely use.
Day 23	Label Storage	When you pack something or put it away - having it labeled will help create a location and destination for everybody.
Day 24	Paper clutter	File don't pile. Scan and shred that which is not important.
Day 25	Procrastination Buster	Delayed decisions need to stop now - just do it. That one thing you dread to give your time and attention to.
Day 26	What's in your wallet?	Empty your purse/wallets/bags and tidy them up.
Day 27	Garage	Tools and products - revisit all the rules.
Day 28	Why?	What's Holding You? To thine own self be true... if you don't want it, don't love it, don't use it - let it go back to somebody who will value it.
Day 29	Pass it on party	Give away items to others with reckless abandon. Have a party to exchange things - clothing, books, decor, plants.
Day 30	Shelters	Donate linens, stuffed toys and useful items to animal shelters
Day 31	10 for 1	Eliminate 10 things and keep one fav thing. Curb duplicates and bulk items. Keep it simple, spacious, and serene.