

30 Day Declutter Challenge

WEEK 1

Day 1-7

- Start in the Main Bedroom cupboards. Throw out rubbish and unused items including clothes that don't fit or aren't being worn. Be honest with yourself and don't keep things "just incase".
- Continue in all other bedrooms this week, tackling one room at a time.
- Create piles as below to help.



WEEK 2

Day 8-14

- Tackling the Entryway, Office space and Main storage cupboards this week.
- Clear your entryway of clutter. Using the same 4 bag categories as week 1.
- Next, Start in your office space. Empty all drawers and cupboards. Keep what's important and organise that pile as it's put away again.
- Shred anything that is being thrown out with any kind of details on it.
- **Take a day after this to relax and reset your mind.**
- Starting from the front of the house and working back. Tackle all of your storage/linen cupboards and repeat the same method as you've been using previously with the 4 bags.

WEEK 3

Day 15-21

- This week we will go through the entire dining/family room.
- First, make your 4 piles after going through every little nook and cranny.
- Next, organise your keep pile into piles of similar thing. This could be piles of photos and albums, piles of books, piles of ornaments etc.
- Now you have clear spaces and cupboards and a very organised group of categorised piles, you can start putting these piles away neatly.
- Don't forget to be honest with yourself. If nobody has played that Nintendo wii for 6 years then do you really need to keep hoarding the games and console? Consider trading things with EbGames etc too.

WEEK 4

Day 22-30

Ending the challenge with the biggest room to tackle this week, The Kitchen!

- Do the kitchen cupboard by cupboard, drawer by drawer. Otherwise you'll end up with an entire kitchen floor covered in your piles and this will overwhelm you. Especially when you now have to cook in this kitchen all week too.
- Here's where you really need to be honest with yourself. Throw out the broken Tupperware, the odd pots and pans that you avoid using. Do you really need 4 can openers?
- Once all the cupboards and drawers are done, start tackling all of the "dump" stations you have. The baskets on the microwave with random things in them, on top of the fridge etc. All of the places that when you're doing a quick clean etc things get chucked for easy access.

While this challenge may not tackle your entire house or every room, it's designed to tackle many problem areas when it comes to clutter in the home. It will also be helpful to kickstart motivation to tackle all of the other areas that need attention in your home.