

30-Day
Decluttering
Challenge





30-Day Decluttering Challenge



DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
<input type="checkbox"/> Match your food storage containers and lids	<input type="checkbox"/> Organize junk drawer	<input type="checkbox"/> Organize Pots and Pans	<input type="checkbox"/> Clean out fridge - toss expired items	<input type="checkbox"/> Organize pantry
DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
<input type="checkbox"/> Clean off bathroom counters	<input type="checkbox"/> Toss expired makeup and skincare products	<input type="checkbox"/> Organize bathroom drawers	<input type="checkbox"/> Clean out cabinets and shelves	<input type="checkbox"/> Organize linen closet
DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
<input type="checkbox"/> Organize nightstands	<input type="checkbox"/> Clean out dresser drawers	<input type="checkbox"/> Donate or sell unused clothing in closets	<input type="checkbox"/> Organize jewelry	<input type="checkbox"/> Organize shoes
DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
<input type="checkbox"/> Clean out under the beds	<input type="checkbox"/> Remove bottles and unused products from showers and baths	<input type="checkbox"/> Clean and organize TV stands - remove old or unused remotes	<input type="checkbox"/> Remove home decor that doesn't bring your joy	<input type="checkbox"/> Clean out coat and storage closets
DAY 21	DAY 22	DAY 23	DAY 24	DAY 25
<input type="checkbox"/> Organize craft supplies	<input type="checkbox"/> Find a new home for old tech (phones, laptops, etc.)	<input type="checkbox"/> Organize entry ways and mud rooms	<input type="checkbox"/> Organize laundry room	<input type="checkbox"/> Organize your paper pile(s)
DAY 26	DAY 27	DAY 28	DAY 29	DAY 30
<input type="checkbox"/> Unsubscribe from email lists	<input type="checkbox"/> Remove unused apps from your phone	<input type="checkbox"/> Clean out your purse(s)	<input type="checkbox"/> Clean out your car	<input type="checkbox"/> Organize your desk





30-Day Decluttering Challenge



DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
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DAY 21	DAY 22	DAY 23	DAY 24	DAY 25
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DAY 26	DAY 27	DAY 28	DAY 29	DAY 30
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>





30-Day Decluttering Challenge



DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
<p>Match your food storage containers and lids</p> <ul style="list-style-type: none"> • Gather all containers and lids in one place to see what you have. • Match each container with its lid—discard lidless containers or lid-only pieces. • Test for proper fit to ensure lids snap securely; remove warped or ill-fitting pairs. • Stack containers by size and shape to maximize storage space and keep like items together. • Consider donating or recycling excess containers if you have more than you regularly use. • Apply this same technique to tumblers and cups with lids. 	<p>Organize junk drawer</p> <ul style="list-style-type: none"> • Empty the entire drawer. • Remove everything to get a clear view of what's inside. • Wipe down the drawer to start fresh. • Sort items into categories and group similar items together (e.g., batteries, pens, chargers, tools). • Identify what belongs elsewhere and return those items to their proper places. • Purge unnecessary items, broken items, and duplicates. • Discard broken items, duplicates, and things you no longer need. • Repurpose small boxes or use drawer organizers to separate items. • Assign a section for each category to prevent future clutter. • Limit what goes back into the drawer to only useful, frequently used items. 	<p>Organize Pots and Pans</p> <ul style="list-style-type: none"> • Remove all pots, pans, lids, and related items from storage areas. • Wipe down shelves and drawers for a clean start. • Evaluate which pots and pans you actually use—donate or recycle duplicates or damaged items. • Keep versatile pieces that serve multiple purposes. • Pair each pot and pan with its proper lid. • Consider using a lid organizer or a vertical rack for easy access. • Stack pots and pans by size to save space (place a soft liner between them to prevent scratching). • Use vertical racks, pull-out drawers, or hanging storage if space allows. 	<p>Clean out fridge</p> <ul style="list-style-type: none"> • Remove all food, drinks, and condiments. • Check expiration dates and discard expired or spoiled items. • Deep clean shelves and drawers. • Wipe down all surfaces with warm, soapy water or a food-safe cleaner. • Remove shelves and bins (if possible) for a thorough cleaning. • Group similar items together (dairy, produce, condiments, leftovers). • Store items that need to be used soon in a visible spot. • Consider clear bins or lazy Susans for small items. • Label sections (e.g., "Snacks," "Meat," "Veggies") for easy access. 	<p>Organize pantry</p> <ul style="list-style-type: none"> • Remove all food items, kitchen gadgets, and storage containers. • Clean shelves and wipe down surfaces with a mild cleaner. • Group similar items together (grains, canned goods, snacks, baking supplies, spices). • Check expiration dates and discard stale or expired food. • If you'd like, transfer dry goods (like pasta, rice, and flour) into clear, airtight containers for freshness and visibility. • Label all containers and shelves for easy identification. • Use tiered shelves for canned goods, lazy Susans for oils and sauces, and baskets for snacks. • Store frequently used items at eye level and heavy items on lower shelves.



30-Day Decluttering Challenge

DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
<p>Clean off bathroom counters</p> <ul style="list-style-type: none"> Remove all items, including toiletries, decor, and appliances. Wipe down the counters with a disinfectant or mild cleaner. Decide what items are daily essentials (e.g., toothbrush, soap, hand towel). Relocate non-daily items to drawers, cabinets, or storage bins. Store products like lotions, hair tools, and makeup in labeled containers or drawer organizers. Add trays or small baskets to group similar items and keep them tidy. Use wall-mounted shelves or over-the-door organizers for extra storage. 	<p>Toss expired makeup and skincare products</p> <ul style="list-style-type: none"> Collect items from drawers, counters, purses, and travel bags. Look for printed expiration dates, especially on skincare. If no date is visible, follow general guidelines: <ul style="list-style-type: none"> Mascara & Liquid Eyeliner: 3–6 months Foundation & Concealer: 12–18 months Lipstick & Lip Gloss: 12–24 months Powder Products: 2 years Skincare: typically 6–12 months after opening. Toss anything with changed texture, smell, or color Remove products you no longer use or that don't suit your skin. Use clear acrylic organizers for daily essentials. Consider adding labels and date-of-opening stickers to track future expirations. 	<p>Clean out bathroom drawers</p> <ul style="list-style-type: none"> Remove all items to see what you have. Wipe down the inside of drawers with a disinfectant or mild cleaner. Group items by category Discard expired products, broken items, and duplicates. Relocate items that belong elsewhere. Add small bins, trays, or dividers to keep items separated and easy to access. For deep drawers, try stackable organizers or containers with lids. Place daily-use items in the top drawers. Store less frequently used items in lower drawers. Label sections or containers for easy identification Use non-slip drawer liners to prevent organizers from shifting. 	<p>Clean out bathroom cabinets and shelves</p> <ul style="list-style-type: none"> Remove all items, including toiletries, cleaning supplies, and linens. Wipe down shelves and cabinet interiors with a disinfectant. Group similar items together (haircare, dental care, skin care). Toss expired products, unused items, or anything you no longer need. Baskets and bins: Keep similar items together for easy access. Drawer dividers: separate small items like razors, cotton swabs, and nail care Stackable shelves or risers maximize vertical space inside cabinets. Over-the-door organizers for extra storage without taking up shelf space. Store daily essentials at eye level or in top drawers. 	<p>Clean out linen closet</p> <ul style="list-style-type: none"> Remove all linens, towels, bedding, and other stored items. Wipe down shelves and vacuum the floor for a clean start Assess the condition of items—donate or recycle worn-out items. Keep only what you use regularly Sort by type: sheets, pillowcases, towels, blankets, and seasonal items. Bundle sheet sets together by placing them inside a matching pillowcase for easy access. Use labeled bins or baskets for smaller items like washcloths, pillow protectors, and extra toiletries. Add shelf dividers to keep stacks of towels and linens neat. Vacuum-seal bags for bulky seasonal bedding or guest linens.



30-Day Decluttering Challenge



DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
<p>Clean nightstands</p> <ul style="list-style-type: none"> Remove everything from the top and inside the drawers. Wipe down surfaces and drawer interiors with a damp cloth. Identify daily-use items (like a lamp, alarm clock, or favorite book). Remove or relocate items that don't belong (e.g., old receipts, empty water bottles, outdated magazines). Keep the top of your nightstand minimal and functional Consider a small tray to corral loose items like jewelry or glasses. Use small bins or drawer dividers to separate items such as chargers, hand cream, notebooks, and pens. Designate sections for essentials like reading materials, sleep masks, or medications. 	<p>Clean out dresser drawers</p> <ul style="list-style-type: none"> Remove all clothing and accessories from each drawer. Wipe down drawer interiors with a clean cloth and mild cleaner. Create piles: Keep, Donate, Toss, and Repair. Ask yourself: Have I worn this in the last year? Does it fit and make me feel good? Is it damaged or outdated? Donate or recycle items you no longer wear. Assign each drawer a category. Add drawer organizers to separate small items like belts, scarves, and jewelry. Use small bins for socks, lingerie, and accessories to prevent clutter. 	<p>Clean out your closets</p> <ul style="list-style-type: none"> Remove all clothing, shoes, accessories, and storage bins. Wipe down shelves, rods, and vacuum the floor for a fresh start. Create piles: Keep, Donate, Toss, and Try On. Ask yourself: Have I worn this in the last year? Does it fit my current lifestyle and style? Is it in good condition, or does it need repair? Donate gently used items and recycle worn-out pieces. Store seasonal clothing in labeled bins or vacuum-sealed bags when not in use. Use slim, non-slip hangers to save space and keep clothes in place. Add hanging organizers, shoe racks, or over-the-door storage for accessories and shoes. Organize accessories using hooks, bins, or drawer dividers. 	<p>Organize jewelry</p> <ul style="list-style-type: none"> Collect jewelry from drawers, boxes, bathroom counters, and travel bags. Clean each piece with appropriate jewelry cleaners or polishing cloths. Group jewelry by type: necklaces, earrings, bracelets, rings, and watches. Purge broken, outdated, or unused pieces: <ul style="list-style-type: none"> Consider donating costume jewelry or repairing sentimental items. Necklace holders or hooks to prevent tangling. Ring dishes or trays for daily-use items. Earring organizers with slots or holes for easy visibility. Drawer organizers with compartments for delicate pieces. 	<p>Organize shoes</p> <ul style="list-style-type: none"> Collect shoes from closets, entryways, under beds, and storage bins. Clean each pair—wipe down surfaces, brush off dirt, and freshen insoles. Purge worn-out or unused pairs: Donate shoes in good condition. Recycle or discard shoes that are damaged beyond repair. Ask yourself: Do I wear these regularly? Do they fit well and serve a purpose? Shoe racks or shelves: for everyday shoes—keep them visible and accessible. Over-the-door organizers: for small spaces and lightweight shoes. Clear shoe boxes: for stacking and protecting less frequently worn pairs. Under-bed storage: for seasonal shoes Cubbies or baskets: good for kids' shoes or entryway storage.



30-Day Decluttering Challenge



DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
<p>Clean under beds</p> <ul style="list-style-type: none"> • Pull everything out from under the bed. • Vacuum or sweep thoroughly to remove dust and debris. • Assess items—keep only what's necessary. • Donate, recycle, or discard items you no longer need or forgot were there. • Store items in under-bed storage bins, rolling drawers, or vacuum-sealed bags for seasonal clothing or bedding. • Label containers for easy identification. • Limit under-bed storage to items you use infrequently, like extra linens, luggage, or seasonal decor. 	<p>Remove bottles and unused products from showers and baths</p> <ul style="list-style-type: none"> • Remove all shampoos, conditioners, soaps, and skincare items from the shower and tub area. • Wipe down shelves and corners to remove soap scum and mildew. • Check expiration dates and discard old, empty, or nearly empty bottles. • Keep only products you use regularly—consider multi-use products to save space. • Use shower caddies, corner shelves, or hanging organizers to keep essentials accessible. • Wall-mounted dispensers can reduce bottle clutter for frequently used products. 	<p>Clean TV areas</p> <ul style="list-style-type: none"> • Remove all items from the TV stand, shelves, and surrounding space. • Unplug electronics and dust all surfaces, including the TV screen • Sort through remote controls, gaming consoles, DVDs, cables, and streaming devices. • Donate or recycle outdated items like DVDs you no longer watch, broken remotes, or old cables. • Use cord organizers, cable clips, or cord covers to keep wires neat and tangle-free. • Label cords • Store DVDs, games, and accessories in storage baskets, media boxes, or cabinets to reduce visual clutter. • Keep frequently used items (like remotes and controllers) in a small tray or box on the stand. 	<p>Remove home decor that doesn't bring you joy</p> <ul style="list-style-type: none"> • Walk through your home and observe each decor item—art, vases, candles, knick-knacks, pillows, and wall hangings. • Ask yourself: Does this piece still reflect my style? Does it serve a purpose or bring me joy? • Remove items that feel outdated, no longer fit your aesthetic, or don't spark positive feelings. • Consider repurposing or donating decor that's in good condition. • Focus on keeping decor that complements the room's purpose and style. • Try rearranging existing decor to breathe new life into a space. • Rotate seasonal or sentimental decor to keep spaces feeling fresh without overcrowding. 	<p>Clean out coat and storage closets</p> <ul style="list-style-type: none"> • Remove all items • Vacuum or sweep the floor and wipe down shelves and walls for a fresh start. • Group items by category: outerwear, seasonal gear, shoes, bags, and storage bins. • Donate or discard items that are no longer used, don't fit, or are in poor condition. • Keep frequently used coats and shoes easily accessible. • Store seasonal items (like winter gear or raincoats) in bins or on higher shelves when not in use. • Use matching hangers for a streamlined look and to maximize space. • Use clear bins or labeled storage boxes for smaller items like gloves, scarves, and hats.



30-Day Decluttering Challenge



DAY 21	DAY 22	DAY 22, CONT.	DAY 23	DAY 24
<p>Organize craft supplies</p> <ul style="list-style-type: none"> • Collect materials from various rooms, drawers, and storage bins. • Lay everything out so you can see what you have and wipe down surfaces in your craft area. • Group supplies by category: paper, paints, markers, fabrics, beads, yarn, tools, etc. • Purge items you no longer use or scraps that aren't usable. • Ask yourself: Will I use this in a future project? Is this item still in good condition? • Use clear storage bins for visibility and easy access. • Utilize drawer organizers for small items • Store paper and fabric in file organizers or labeled folders • Consider a pegboard wall for hanging storage. • Label so you can easily find and return supplies after use. 	<p>Find a new home for old tech</p> <ul style="list-style-type: none"> • Collect outdated phones, laptops, tablets, chargers, headphones, and other electronics from drawers, closets, and storage bins. • Test each item to see if it still works or can be repaired. • Create three piles: Keep (still useful), Donate/Sell, and Recycle. • Discard broken tech responsibly —never throw electronics in regular trash. • For any device you plan to donate, sell, or recycle, back up important data and perform a factory reset to erase personal information. • Remove SIM cards and memory cards from phones and tablets. • Donate to local schools, nonprofits, or organizations that refurbish tech 	<p>Find a new home for old tech, cont.</p> <ul style="list-style-type: none"> • Sell working devices on Facebook Marketplace, eBay, or Gazelle for extra cash. • Consider trade-in programs offered by brands like Apple, Best Buy, or Amazon for store credit. • Recycle broken or obsolete electronics through certified programs like Best Buy's recycling program, Staples, or Call2Recycle for batteries. • Check with local electronic recycling events or city programs that handle e-waste. • Use labeled containers or cord organizers to keep necessary cables, chargers, and accessories neatly stored. 	<p>Organize entryways and mud rooms</p> <ul style="list-style-type: none"> • Remove all shoes, coats, bags, and miscellaneous items from the area. • Sweep or vacuum the floor and wipe down surfaces, including benches and hooks. • Sort items by category: shoes, outerwear, bags, keys, and seasonal gear. • Donate or store off-season items and discard broken or unused items. • Ask yourself: does it belong in the entryway or another part of the home? • Use shoe racks or cubbies to neatly store footwear. • Add baskets or bins for smaller items. • Designate specific spots for daily essentials. • Store seasonal or less-used items in higher cabinets or storage bins. 	<p>Organize laundry room</p> <ul style="list-style-type: none"> • Remove all items from shelves and surfaces. • Wipe down machines, shelves, and mop the floor. • Recycle empty detergent bottles and products you don't use. • Group similar items: detergents, stain removers, dryer sheets, cleaning supplies. • Use baskets or bins for grouping supplies. • Install shelves or wall hooks for extra storage. • Use a folding station or countertop if space allows. • Store frequently used items within easy reach. • Hide clutter in labeled containers for a clean look. • Keep a lost-and-found jar for small items like socks and coins.





30-Day Decluttering Challenge



DAY 25	DAY 26	DAY 27	DAY 28	DAY 29
<p>Organize your paper piles</p> <ul style="list-style-type: none"> • Collect papers from drawers, countertops, and bags. • Sort into categories: Keep, Shred, Recycle. • Declutter ruthlessly! • Discard outdated documents, junk mail, and duplicates. • Keep only essential documents (tax records, warranties, medical records). • Use labeled folders (e.g., Bills, Insurance, School, Receipts). • Consider a filing cabinet, portable file box, or binder system for easy access. • Scan important papers and store them securely online. • Set up paperless billing where possible. 	<p>Unsubscribe from email lists</p> <ul style="list-style-type: none"> • Open your email and search for "unsubscribe" to find newsletters and promotions. • Unsubscribe from Unwanted Emails: click unsubscribe links at the bottom of emails you no longer read. • Use tools like Unroll.Me or Clean Email for bulk unsubscribing. • Create folders or labels for important emails (e.g., Work, Family, Receipts). • Use filters to send promotional emails to specific folders automatically. • Set a reminder to declutter your inbox monthly to avoid future overload. • Practice the "unsubscribe immediately" rule for new unwanted subscriptions. 	<p>Remove unused apps from your phone</p> <ul style="list-style-type: none"> • Scroll through your phone and identify apps you haven't used in the last 3–6 months. • Ask yourself: Does this app add value? Will I use it again? • Delete unnecessary apps. • Uninstall games, duplicate apps, or outdated tools. • Remove pre-installed apps if possible. • Group apps into folders (e.g., Productivity, Social, Health). • Move frequently used apps to your home screen for easy access. • Delete cached data and old downloads to free up storage. • Check settings for storage recommendations. • Enable offloading for unused apps if your phone supports it. 	<p>Clean out your purse</p> <ul style="list-style-type: none"> • Remove all items from your purse and shake out debris or vacuum crumbs inside. • Wipe down the interior and exterior if needed. • Group items into categories: Essentials (wallet, keys, phone), Personal Care, Receipts, and Miscellaneous. • Discard trash, expired coupons, old receipts, and empty packaging. • Use small pouches or zippered bags for makeup, tech accessories, and personal care items. • Limit duplicates—keep only one or two lip products, pens, or hand sanitizers. 	<p>Clean out your car</p> <ul style="list-style-type: none"> • Take everything out, including the trunk, glove compartment, and door pockets. • Throw away trash and remove items that don't belong in the car. • Vacuum seats, floors, and mats thoroughly. • Wipe down the dashboard, console, and doors with appropriate cleaners. • Only return must-have items like registration, insurance, phone charger, and emergency kit. • Use small bins or seat organizers for tissues, wipes, and other necessities. • Keep a trunk organizer for groceries, emergency supplies, and reusable bags. • Remove seasonal or unnecessary items to free up space.





30-Day Decluttering Challenge



DAY 30	BONUS	BONUS	BONUS	BONUS
<p>Organize your desk</p> <ul style="list-style-type: none">• Remove everything from the surface and drawers.• Wipe down the desk, keyboard, and monitor.• Group items into categories: office supplies, paperwork, electronics, and decor.• Discard or relocate items you don't use daily or that don't belong on your desk.• Keep only frequently used items (pens, notebook, charger) within reach.• Use drawer organizers for small supplies and cable management tools for cords.• Use trays, folders, or a filing system for important documents.• Go digital where possible to reduce paper clutter.				



Clutter-Free Daily Habits

The habit tracker is a circular grid with a central house icon. The innermost ring lists daily tasks: Daily Tasks, Make the bed, 10-Minute Tidy-Up, Load of Laundry, Wipe Counters, Dishes, and Dust. The outer ring lists days of the month from 1 to 31. The grid is divided into 31 radial segments, each representing a day, and 7 concentric rings, each representing a task. The tasks are: Daily Tasks, Make the bed, 10-Minute Tidy-Up, Load of Laundry, Wipe Counters, Dishes, and Dust.

Day	Dust	Dishes	Wipe Counters	Load of Laundry	10-Minute Tidy-Up	Make the bed	Daily Tasks
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Clutter-Free Daily Habits

Daily Tasks

The image shows a circular habit tracker. At the center is a light pink circle containing a white outline of a house with a heart inside. Surrounding this is a grid of concentric circles and radial lines, creating a grid of small squares. The outermost ring of the grid is labeled with numbers from 1 to 31, representing the days of the month. The text "Daily Tasks" is written in a simple font above the grid. The background of the page features horizontal stripes in light blue, light green, yellow, and light orange, with decorative starburst graphics scattered around the circular chart.