

# 7 DAY DECLUTTER challenge



## DAY 1: KITCHEN

- Empty and clean out the refrigerator, discarding expired items.
- Sort through pantry items, donating non-perishable goods you won't use.
- Organize utensils and cookware, removing duplicates or items in disrepair.
- Clean and declutter countertops, leaving only essential appliances out.
- Review and organize spices and baking supplies, discarding those past their prime.

## DAY 2: BATHROOM

- Dispose of expired medications and personal care products.
- Organize cabinets and drawers, separating items into categories.
- Recycle empty bottles and packaging where possible.
- Assess and streamline your makeup and toiletry collection.
- Clean and declutter the vanity area, optimizing storage for daily essentials.

## DAY 3: BEDROOMS

- Sort through clothing, creating piles to keep, donate, or discard.
- Organize bedside tables, keeping only necessary items within reach.
- Vacuum under the bed and utilize under-bed storage for off-season items.
- Declutter the top of dressers and chests, opting for a minimalist approach.
- Review and organize personal items, such as jewelry and accessories.

## DAY 4: LIVING SPACE

- Sort through magazines, books, and newspapers, recycling or donating what you can.
- Organize entertainment units, keeping only DVDs, games, and electronics you use.
- Declutter coffee tables and end tables, maintaining a clean surface.
- Assess and rearrange furniture for optimal space utilization.
- Tidy up children's play areas, donating toys they've outgrown.

## DAY 5: CLOSETS

- Remove everything from the closet, sorting items into categories.
- Donate clothes that no longer fit or haven't been worn in over a year.
- Organize shoes, donating or discarding pairs that are worn out or seldom worn.
- Install organizers or shelves to maximize space and visibility.
- Sort through linens and towels, donating older sets to animal shelters.

## DAY 6: GARAGE

- Sort through tools, lawn care, and sports equipment, keeping only what you use.
- Create distinct zones for different categories of items.
- Dispose of hazardous materials properly (paint, chemicals, etc.).
- Organize items on shelves or in bins, labeling for easy access.
- Sweep and clean the garage floor, removing dirt and debris.

## DAY 7: THE FINAL SWEEP

- Walk through each room, checking for any missed clutter spots.
- Organize digital files and clean up your computer desktop.
- Unsubscribe from unwanted emails and tidy up digital photos.
- Set up a system for handling paperwork to avoid future clutter.
- Reflect on your decluttering process and plan monthly mini-declutter sessions to maintain your clean space.