

# 30 Day De-Clutter Challenge

*Courtesy of The Hartford*

## Day 1: Pens & Pencils

Look everywhere. Check pens, sharpen pencils, toss old ones. Relocate good ones.

## Day 2: Bags & Pockets

Clean out bags, storage boxes, wallets, coat pockets & luggage. Toss any junk you find.

## Day 3: Food

Visit your fridge, freezer, cupboards, & pantry. Look at expiration dates. Donate unopened nonperishables.

## Day 4: Junk Drawers

Separate the useful items from the clutter. Throw away the clutter - don't just move it.

## Day 5: Entry-way Storage

Look at old shoes, jackets, and bags. Put items where they belong. Recycle or toss items no longer needed.

## Day 6: Clothes

Today, do a quick sweep of clothes, shoes, & accessories. Begin to make piles. This will take us a few days.

## Day 7: Closet (Part 1)

Evaluate everything in your closet. Make piles of office clothes, formalwear, and off-season clothing.

## Day 8: Closet (Part 3)

Review the rest of the closet. Work-out gear, lounge-wear, etc. Sort it all into 3 new piles: trash, donation or sale (online or garage sale).

## Day 9: Closet (Part 4)

Review outerwear: coats, jackets, ski clothing, hiking clothes, etc. Sort them into your 3 new piles.

## Day 10: Accessories

Sort shoes, hats, scarves, jewelry, etc. into the 3 piles. Do you wear them? Do they need to be repaired?

## Day 11: Paper

Magazines, newspapers, mail. See why you saved them, then reduce: cut out the recipe, recycle or toss.

## Day 12: Books

Sort books you will always keep and those you won't. Return borrowed books and donate unused ones.

## Day 13: Office Supplies

Home offices accumulate. Sort papers into folders. Organize supplies. Shred paper or recycle.

## Day 14: Filing

Organize from the top down. Wills, trusts, insurance. It's not fun but so important. Have at least one cabinet.

## Day 15: Tech & Electronics

Old phones, cords, appliances that don't work. Check local recycle depots or donate if possible.

## Day 16: Bedroom

Remove old & excess furniture, items that collect dust. Return items where they belong. You may re-define clutter.

## Day 17: Bathroom

Check expiration dates. Remove bottles with an inch of liquid. Check for mildew. Organize drawers with containers.

## Day 18: Linen Closet

Towels, blankets, pillows. Check for full sets, wash, and remove the ones collecting dust. Keep a few extras for company.

## Day 19: Review Day

Take a look at anything you've set aside. Take items to be repaired as needed. Check with others before tossing.

## Day 20: Kitchen

By now you have the drill down. Old appliances, unused dishes, utensils, mugs, cookbooks etc. Kitchen is a big day. Good job.

## Day 21: Dining Room

Collect things that don't belong. Find it's home or maybe let it go. Deciding to downsize is hard.

## Day 22: Living Room

Scan for clutter. What do you see? Any knick knacks you no longer collect and the kids don't want? De-cluttering is revealing.

## Day 23: Personal Clutter Spot

We all have one. What's in your spot? Be honest. Don't keep what you don't need. Put what you want in its proper place.

## Day 24: Attic & Basement

You may need help. Ask for it. Recycle or donate old boxes of photos, holiday items, boxes unopened for years. Take your time.

## Day 25: Car

Empty coffee cups, pens dropped on floor, kids' stuff. You spend a lot of time in your car. A good clean is awesome.

## Day 26: Porches & Garage

Weathered items might need to be replaced or tossed. Old paint? Call local to recycle. Clear the clutter.

## Day 27: Review

Notice how things in piles overlap. Who can help recycle, donate, or toss? Don't let the clutter sit. Finish the job.

## Day 28: Organize

With the items you have available, make an emergency box, some toolboxes, and first aid kits for upstairs & downstairs.

## Day 29: Hobbies & Sports

If you have these items in a pile, keep defining the area they should be placed and accessible.

## Day 30: Email Inbox

Opening a full inbox can be draining. Take time to review/ delete. Start to unsubscribe from ads. Don't overwhelm yourself.