

READY TO GET ORGANIZED ?

30 DAY

DECLUTTER CHALLENGE



# Welcome!

Are you feeling overwhelmed by the amount of clutter in your home? Do you feel like you're constantly tripping over stuff and can't find anything? If so, it's time to declutter and downsize!

This can be a difficult process, but if you lean in and really embrace letting go of unnecessary items to allow for open, organized space, you will feel lighter, more relaxed, and less stressed.

It all begins with taking one step. Use this checklist to take one small step each day to declutter a common area in your space. By the end of the 30 days, you will have less clutter, less stress, and a newly formed habit of letting things go that you do not need.

Remember that the end goal of decluttering and downsizing is all about creating a simpler, more organized life. Follow these tips and you'll be on your way to a clutter-free home in no time!

## Take Your Time:

Don't try to do everything all at once. decluttering and downsizing is a process, not a one-time event.

You don't have to get rid of everything: Just because you're downsizing doesn't mean you have to get rid of all your belongings. You can keep what you need and donate or sell the rest.

## Four Stacks:

Most everything you own will fall into one of four categories: stuff that can be thrown away, stuff that can be recycled, stuff that needs to be put in its proper place, and things that need to be donated. As you go through each space, assign a stack to each item, and then act accordingly.

## Keep It Going:

Once you have cleared the clutter over these next 30 days, continue to be mindful of things piling up. Spend a few minutes each day clearing your spaces and honoring the serenity of a clutter-free home.

In conclusion, decluttering and downsizing can be a challenging but rewarding process. Follow these tips and you'll be on your way to a clutter-free home in no time!





START DATE .....

END DATE .....

# 30-Day **DECLUTTER** Challenge

<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
PURSE	PANTRY	BEDROOM CLOSET	DINING ROOM	JUNK DRAWER	NIGHT STAND
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
MEDCINE CABINET	KITCHEN ISLAND	ENTRY AREA	SOCK DRAWER	TUPPER WARE	CAR
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
BATHROOM STORAGE	GARAGE	DESK	CLEANING SUPPLIES	PATIO	LAUNDRY ROOM
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
FILING CABINET	ROOMS	TV AREA	MAKE UP	BOOKS	ATTIC
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
JEWELRY	MAIL	GUEST ROOM	CRAFT AREA	LIVING ROOM	KITCHEN

