



6-Day Declutter Checklist

Take 1 day to rest!

Day 1: Clear the Catch-All Zone



- Focus on your entryway, kitchen counter, or wherever stuff piles up. Toss trash, recycle, and return items to where they belong.

Day 2: Closet Clean-out



- Pick one closet, hall, bedroom, or coat. Remove anything you haven't worn or used in the past year. Donate what's in good condition.

Day 3: Tidy the Bathroom



- Go through drawers, cabinets, and shelves. Toss expired meds, empty products, and duplicates. Group similar items together.

Day 4: Paper Purge



- Tackle that pile of mail or paperwork. Sort into: shred, file, or take action. Set up a simple system to manage incoming papers.

Day 5: Digital Declutter



- Clean out your inbox, desktop, and files. Delete what you don't need, and organize important documents into folders.

Day 6: Reset a Room



- Pick any room that feels "off." Set a timer and do a full room reset: put things away, fluff pillows, clear surfaces, and enjoy your progress!

Pro Tip: Keep a donation bin nearby all week—and drop it off as soon as it's full!