

THE 30-DAY DECLUTTER CHALLENGE

READY, SET, REFRESH!

Welcome to a **no-judgment zone** dedicated to helping you simplify your spaces and clear your mind. This 30-day strategy breaks down home organization into small, bite-sized daily actions. Establish your action zones (**Keep, Donate, Sell, Discard**), and let's refresh your home together!

Week 1: Entryways & Shared Living Spaces

- [] **Day 1: The Launchpad:** Clear off the surface of your entryway table, console, or shoe bench.
- [] **Day 2: Coat Closet:** Remove out-of-season coats and any jackets that no longer fit.
- [] **Day 3: Shoe Collection:** Sort through shoes by the front door and move pairs that need repair or don't fit.
- [] **Day 4: Living Room Surfaces:** Clear off the coffee table, side tables, and entertainment centers.
- [] **Day 5: Media & Entertainment:** Go through old DVDs, board games with missing pieces, and tangled electronic cords.
- [] **Day 6: Magazine & Book Piles:** Recycle old catalogs, newspapers, and books you will not read again.
- [] **Day 7: The Catch-All Drawer:** Empty your main living room or entryway junk drawer and sort the contents.

Week 2: Kitchen & Dining

- [] **Day 8: Refrigerator & Freezer:** Toss expired condiments, old leftovers, and freezer-burned items.
- [] **Day 9: The Pantry:** Group like items together and discard any stale or expired dry goods.
- [] **Day 10: Plastic Containers:** Match every food storage container with its lid and discard the extras.
- [] **Day 11: Cooking Utensils:** Gather spatulas, whisks, and ladles, keeping only your favorites.
- [] **Day 12: Mug Madness:** Thin out your mug and glassware collection down to what you actually use.
- [] **Day 13: Gadgets & Small Appliances:** Donate appliances hidden in the back of cabinets that you haven't used in a year.
- [] **Day 14: Under-Sink Cabinet:** Discard nearly empty bottles of cleaner and dried-out sponges.

Week 3: Bedrooms & Closets

- [] **Day 15: Nightstands:** Clear the top surface and organize the drawers of your bedside tables.
- [] **Day 16: The Hanger Check:** Remove any broken, mismatched, or flimsy wire hangers from the closet.
- [] **Day 17: Tops & Sweaters:** Sort through shirts and sweaters, pulling out items you haven't worn in the past year.
- [] **Day 18: Bottoms & Shoes:** Assess jeans, slacks, and shoes, keeping only what is comfortable and fits your style.
- [] **Day 19: Under-Bed Storage:** Pull out everything from beneath the bed and clear out the dust bunnies.
- [] **Day 20: Sock & Underwear Drawers:** Discard lonely socks without a match and worn-out undergarments.
- [] **Day 21: Extra Bedding & Linens:** Count your sheet sets and blankets, keeping two sets per bed and donating excess.

Week 4: Bathrooms & Digital Spaces

- [] **Day 22: Medicine Cabinet:** Check expiration dates on medications and safely dispose of old prescriptions.
- [] **Day 23: Skincare & Cosmetics:** Toss expired makeup, old sunscreens, and toiletries you tried but didn't like.
- [] **Day 24: Towels & Washcloths:** Sort through the linen closet, keeping plush towels and repurposing stained ones.
- [] **Day 25: Shower Ledges:** Discard empty bottles and combine duplicates of shampoos or body washes.
- [] **Day 26: The Digital Inbox:** Delete unread promotional emails and unsubscribe from newsletters you no longer read.
- [] **Day 27: Smartphone Apps:** Delete apps you haven't opened in three months and clear out old text threads.

Week 5: Final Details & Clear Perimeters

- [] **Day 28: Sentimental Paperwork:** Sort through old receipts, paid bills, and physical mail piles.
- [] **Day 29: Garage, Shed, or Patio:** Clear off walkways and discard broken tools, empty pots, or dead plants.
- [] **Day 30: Car Quick-Clean:** Empty the glove compartment, center console, and trunk of all trash and stray items.

Ready for Your Next Chapter?

If you find yourself stuck, overwhelmed, or preparing for an upcoming lifestyle transition, you don't have to navigate it alone. **Ready, Set, REFRESH!** offers a strategic, supportive, and hands-on approach to organizing, downsizing, senior transitions, and move management.

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