

# 30-DAY DECLUTTERING CHALLENGE

|                                               |                                                                    |                                                       |                                                                                      |                                               |
|-----------------------------------------------|--------------------------------------------------------------------|-------------------------------------------------------|--------------------------------------------------------------------------------------|-----------------------------------------------|
| <b>DAY 1</b><br>Match up<br>containers & lids | <b>DAY 2</b><br>Silverware<br>drawer                               | <b>DAY 3</b><br>Junk<br>drawer                        | <b>DAY 4</b><br>Pots<br>& pans                                                       | <b>DAY 5</b><br>Dish<br>towels                |
| <b>DAY 6</b><br>Old<br>shoes                  | <b>DAY 7</b><br>Nightstand                                         | <b>DAY 8</b><br>Socks &<br>underwear                  | <b>DAY 9</b><br>T-shirts                                                             | <b>DAY 10</b><br>Jeans                        |
| <b>DAY 11</b><br>Extra<br>remotes             | <b>DAY 12</b><br>Throw pillows<br>that have seen<br>better days    | <b>DAY 13</b><br>Seasonal<br>decor                    | <b>DAY 14</b><br><b>DAY 15</b><br>Feeling stuck? You don't<br>have to do this alone. |                                               |
| <b>DAY 16</b><br>Old<br>towels                | <b>DAY 17</b><br>Crumbly<br>soap bars                              | <b>DAY 18</b><br>Makeup that<br>you no longer<br>wear | <b>DAY 19</b><br>Expired<br>beauty<br>products                                       | <b>DAY 20</b><br>Old<br>hairbrushes/<br>combs |
| <b>DAY 21</b><br>Pens that<br>don't work      | <b>DAY 22</b><br>Outdated<br>tech                                  | <b>DAY 23</b><br>Receipts                             | <b>DAY 24</b><br>Random<br>cords                                                     | <b>DAY 25</b><br>Expired<br>coupons           |
| <b>DAY 26</b><br>Trash                        | <b>DAY 27</b><br>Old paint                                         | <b>DAY 28</b><br>Damaged<br>tools                     | <b>DAY 29</b><br>Empty<br>boxes                                                      | <b>DAY 30</b><br>Excess<br>rags               |
| <b>DAY 31</b>                                 | <b>Need extra help?</b><br>Book your <b>reset session with me.</b> |                                                       |                                                                                      |                                               |

