📅 Week-by-Week Decluttering Plan (6 Months)

One small win at a time — 26 weeks total

Month 1: Easy Wins & Daily Use Items

- **Week 1:** Junk drawers (kitchen, desk, etc.)

- **Week 2:** Expired food from pantry & fridge

- **Week 3:** Magazines, mail, newspapers, catalogs

- **Week 4:** Expired medications & first aid (safely dispose)

Month 2: Kitchen + Dining Room

- **Week 5:** Duplicate or unused kitchen gadgets

- **Week 6:** Stained, missing-lid containers & old plasticware

- **Week 7:** Expired spices, shelf-stable items

- **Week 8:** Unused mugs, dishes, table linens

Month 3: Bedroom + Closets

- **Week 9:** Clothing that doesn't fit or feel like you

- **Week 10:** Shoes, socks, accessories

- **Week 11:** Extra blankets, linens, pillows

- **Week 12:** Nightstand, under-bed storage, dresser tops

Month 4: Living Room + Paperwork

- **Week 13:** DVDs, VHS, games, tech clutter

- **Week 14:** Coffee tables, side tables, open shelves

- **Week 15:** Books (donate or pass along what you're done with)

- **Week 16:** Paper piles—sort into shred/save/toss folders

Month 5: Bathrooms + Linen Closet

- **Week 17:** Expired cosmetics, skincare, toiletries

- **Week 18:** Hair tools and bath accessories

- **Week 19:** Towels & washcloths (keep best 2–3 per person)

- **Week 20:** Cleaning products, supplies, cabinet clutter

Month 6: Garage, Attic, or Storage

- **Week 21:** Old paint, broken tools, cords

- **Week 22:** Holiday decor & seasonal items

- **Week 23:** Unlabeled storage boxes or bins

- **Week 24:** Unused furniture, large forgotten items

- **Week 25:** Donate or schedule removal of items set aside

- **Week 26:** Label & reorganize what's staying

💡 Pro Tips:

- Take 15–30 minutes per task. Set a timer if needed.

- Keep a donation bin or box nearby all month.

- Celebrate the wins! Light a candle in your newly decluttered space.

- If you miss a week, just pick up where you left off. Progress > perfection.

SCAN ME