



28 DAYS OF DECLUTTERING CHALLENGE

Time to declutter! Feel free to follow in order or mix it up on your own schedule. This is just a guide! The first 21 days go through physical clutter. The last 7 days deal with digital clutter.

- Day 1 - A junk drawer
- Day 2 - Board games/System games
- Day 3 - Kitchen table/counters
- Day 4 - Paper piles/junk mail/coupons
- Day 5 - Medicine cabinet
- Day 6 - Toiletries and/or makeup
- Day 7 - Bathroom cabinets/closet

Week One (or first 7 days), start small to gain momentum

- Day 8 - Cleaning supplies
- Day 9 - Coat closet/mud room
- Day 10 - Linen closet
- Day 11 - Kids Toys
- Day 12 - Movies and Books
- Day 13 - Desk/Computer area
- Day 14 - Fridge/Freezer

Week Two (or days 8 - 14): Keep going - you're doing great!

- Day 15 - Shoes
- Day 16 - Clothes
- Day 17 - File folders/files
- Day 18 - Kitchen hutch/buffet/etc
- Day 19 - Kitchen drawers
- Day 20 - Kitchen cabinets
- Day 21 - Any other knick-knacks/areas

Week Three (or days 15 - 21): Now onto the hard stuff!



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- Day 22 - Apps on phone/tablet
- Day 23 - Social media friends/followers
- Day 24 - Email/Email folders
- Day 25 - Files/documents on computer
- Day 26 - Photos on phone
- Day 27 - Photos on computer/drive
- Day 28 - Any other digital areas

Week Four (or days
22 - 28): Digital
Clutter

Make note of
successes,
obstacles, or other
notes that came up
during this
process.

How did this
challenge make
you feel? How do
you feel now that
you've completed
it?