

28 day Declutter

1. Junk drawer if you have one if not your purse or something similar.
2. Kitchen counters/bathroom counters (clean up remove anything that doesn't have to be out etc.
3. kitchen drawers and cabinets (check them all for anything that isn't serving you)
4. Pantry (check for anything expired and just tidy up as needed)
5. Medications and supplements (toss anything you haven't used in the last 3 months and don't see yourself using in the next 3 months along with anything expired)
6. Dining room (this area is usually not too bad so anything that shouldn't be there should be returned to its home and anything that you can let go should be added to your donation or sell bins)
7. Laundry room (clean organize and put away or toss anything else)
8. Your shoes and kids shoes
9. Your night stand (clear the surface and check drawer contents for anything you can let go)
10. Your clothing, check dressers and closet for anything you haven't worn in the last year and don't see yourself wearing in the next year as well as anything that doesn't fit or you don't feel good wearing.
11. Dresser, vanity surface, clear them off and only leave what should be there or leave them empty
12. Bathroom cabinets and drawers.
13. Hall and linen closet
14. Office/ desk workspace etc
15. Toiletries and cosmetics
16. Kids toys and clothing
17. Under all beds
18. Books and magazines
19. Paper clutter (and other various papers)
20. Living Room
21. Refrigerator and freezer
22. Digital clutter (check your desktop and download folder for items you can remove) Unsubscribe from any mailing lists you no longer want to be apart of.
23. Your Phone clear out your screen shots and pictures you no longer need.
24. Your bedroom
25. Your Car
26. Random bins of stuff.
27. Start photographing and listing items set aside to sell. (set a time limit to donate them if they dont sell)
28. Take items you set aside to donate to a local drop off and enjoy your cleaner and lighter spaces.

Some areas will take more than one day but for myself I like to have progress made everywhere and I just repeat the steps until I can skip some and then just keep doing the ones I need to.