

THE CLUTTER CHALLENGE

CHEAT SHEETS

WITH
**NONNAHS
DRISKILL**
OF



DECLUTTER YOUR
HOME ONE DAY
AT A TIME!

**1 MONTH
20 MIN/DAY**

THE CLUTTER CHALLENGE

INTRODUCTION

WELCOME TO **THE CLUTTER CHALLENGE!**

I'M SO EXCITED YOU ARE HERE, WHERE WE'LL DECLUTTER A SMALL AREA OF YOUR HOME EVERY DAY.

EACH VIDEO IS ABOUT 20 MINUTES LONG. BUT WITH THESE HANDY PRINTABLES, YOU CAN GO AT YOUR OWN PACE.

YOU CAN TAKE YOUR TIME AND GEEK OUT AS MUCH AS YOU WANT. GO CRAZY WITH THE LABEL MAKER! WATCH OUT! OR, GET AN OVERVIEW OF WHAT WE'RE DOING AND SKIP THE AREAS YOU DON'T WANT TO DO.

MY ONLY REQUEST IS THAT YOU DON'T COMPARE YOURSELF TO ANYONE ELSE'S HOME

NOT YOUR NEIGHBOR

NOT YOUR PERFECT SISTER

AND CERTAINLY NOT INSTAGRAM!

YOU ARE DECLUTTERING YOUR HOME FOR YOU.

TAKE BEFORE AND AFTER PHOTOS TO GIVE YOURSELF A BIG SENSE OF ACCOMPLISHMENT. POST THEM IN THE **CLUTTER CHALLENGE FACEBOOK GROUP** IF YOU ARE FEELING BRAVE! I'D LOVE TO SEE YOUR PROGRESS AND CHEER YOU ON.

LET'S KICK SOME CLUTTER-BUTT!



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DAY 1: JUNK MAIL & PACKAGING

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JUNK MAIL, PACKAGING
AND RANDOM TRASH

YOU WILL NEED:

- YOUR SMART PHONE
- RECYCLE BIN
- SCISSORS OR BOX CUTTER
- CLEAR A FLAT SURFACE

Nice and easy on day 1.
We are picking up obvious trash in
your house.

STEP 1 - BOXES

Go around and break down all of the boxes from packages and new purchases in your living space. If that is easy, get them from your bedroom and office, too.

Think about why you leave the packaging around the house. There's no right answer, just think about it. Maybe knowing why will help you break the habit down the road.

If someone else leaves the packaging around, have a nice, civil conversation with them about throwing it out. OR, if it doesn't bother them at all and it only bothers you. Clean it up for you, never out of spite. (This takes some practice, needless to say!)

STEP 2 - JUNKMAIL

Collect every pile of junk mail in the house and bring it to your flat surface along with the recycle bin. Sit down if you can, make it easy and cozy. Don't open any mail right now.

STEP 3

Go through each piece and sort your mail into categories:

- 1) Catalogs and magazines
- 2) Mail to actually look at later
- 3) Junk mail goes straight to the bin

STEP 4 - UNSUBSCRIBE!

Install the app on your smart phone called [Paper Karma](#). Open Paper Karma, click "scan mail", take a picture of the address and barcode on each catalog or mailer and follow the directions to unsubscribe.

Do this for every catalog or mailing you no longer want. Use the "help us find the sender" feature which is faster than waiting for the app to find it.

LEVEL OF
DIFFICULTY: EASY
DURATION: 23 MIN

Be sure to check out the full video
on YOUTUBE

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DAY 2: CLOSET

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HANGING TOPS

YOU WILL NEED:

- TRASH BAGS FOR DONATIONS
- EMPTY BOX (OR HAMPER)
- MAKE YOUR BED FOR PILING AND STAGING
- PUT ON MUSIC IF THAT MOTIVATES YOU

STEP 1

Can you easily reach your hanging clothes? If not, pick up the clothes on the floor that are blocking your access to your hanging tops. Put them into dirty hamper or onto hangers. Anything from the floor that you don't want should go straight into the donation bag.

STEP 2

Make space on your rods. Remove enough pants and coats, dresses so you can easily browse your shirts. Not an exact science, just make some space.

STEP 3

Set a timer for 10 minutes and Shop your closet. Go through blouses and tops and physically take out the ones you love and can't wait to wear, just like you're at a store. If you wouldn't buy it today, leave it hanging in the closet.

Do you love it? You can't wait to wear it?

Ask yourself these questions over and over. When timer goes off, finish up.

STEP 4

Put the keepers on the bed and put the tops you didn't "buy" in your donation bags. Recycle crappy hangers. Hang your beloved tops back in the closet (with hooks facing backwards) and organize them to your liking (or don't). You may find you have duplicates and want to donate even more at this point.

STEP 5

Put donation bag in the front seat of your car to drop off ASAP.

Great job today! Marie Kondo would be proud. (She's a Japanese organizing guru. The "spark joy" lady.)

LEVEL OF
DIFFICULTY: MED
DURATION: 20 MIN

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DAY 3: CLOSET

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BOTTOMS

HANGING PANTS, SKIRTS, DRESSES, ETC

YOU WILL NEED:

- TRASH BAGS FOR DONATIONS
- EMPTY BOX (OR HAMPER)
- MAKE YOUR BED FOR PILING AND STAGING
- PUT ON MUSIC IF THAT MOTIVATES YOU

STEP 1

Clear the floor so you can reach your hanging clothes. Anything from the floor that you don't want should go straight into the donation bag.

What's the biggest category in your closet (after tops)? Start with that category: pants, skirts, dresses, or other.

STEP 2

Make room on your closet rods by removing items NOT in that category. Throw those on the bed. Set a timer for 5 minutes.

Shop your closet for this category. Take out only things you would buy today. Do you love it? Can't wait to wear it? If you are wondering if it fits, it probably doesn't. (sorry) Put the items you love, on the bed. Put the clothes you don't want in a hamper as you go (or take them all down at the end). When timer sounds, bag your donations. Trash any crappy hangers. Hang the keepers back in the closet with hooks facing backwards.

STEP 3

Pick another category that's in your closet, set the timer for 5 minutes and repeat the steps above. Do it all again for the 3rd category. OR if it's taking longer than 5 minutes, finish 2 categories. No problem! It's better to finish an entire category than to do 3 categories half-way.

REMEMBER

If you are feeling paralyzed about making a wrong choice, be kind to yourself. Keep a small maybe section to try on later. Turning the hangers backwards will show if you actually wore each item once the season is over. That realization will make it easier to let things go later.

STEP 4

Put the keepers on the bed and put the tops you didn't "buy" in your donation bags. Recycle crappy hangers. Hang your beloved tops back in the closet (with hooks facing backwards) and organize them to your liking (or don't). You may find you have duplicates and want to donate even more at this point.

STEP 5

Take clothes to be fixed to the dry cleaner, tailor, or your sewing area if you have one! Put donations straight into the car.

NOTE: I don't recommend selling clothes online, it takes way more time/work than it's worth.

LEVEL OF
DIFFICULTY: MED
DURATION: 25 MIN

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DAY 4: SHOES

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HEELS, CASUAL, ATHLETIC,
SANDALS...ETC

YOU WILL NEED:

- STURDY SHOPPING BAGS FOR DONATIONS
- DUSTPAN FOR CLEANING BEHIND THE SHOES
- RUBBER BANDS

Depending on your relationship with shoes, this task can be super easy or a bit more challenging.

STEP 1 - QUICK PASS

Corral your shoes to one area. Set a timer for 3 minutes. Grab any shoes that obviously need to go—holes, worn out, broken. Easy decisions.

STEP 2 - 1st CATEGORY

Start with your Athletic/Workout Shoes. Set a timer for 3 minutes. Pull out all shoes in this category. Decide how many of this type you need. Are there repeats? Put donations in a bag, trash in the can, and then the pile of keepers off to the side in your room.

STEP 3 - REPEAT

Next categories (set a timer for 3 minutes for each category):

- 1) **Hi-heels** (fancy and more casual)
- 2) **Sandals/flip-flops**
- 3) **Boots**
- 4) **Flat/casual shoes**
- 5) **Slippers super quick** (no timer)

Rubberband them together in the donation bag if you want to.

If shoes aren't wearable, throw them away. If you want to sell shoes, take the box and shoes to an eBay seller. (This is only for seriously expensive shoes!)

STEP 4 - CLEAN UP AND PUT AWAY

Sweep out dust and trash before you put your shoes back and organize them (as you like).

Take donations straight to the car. OR if you haven't been able to do this each day, schedule a donation pick-up today for the very near future.

PROTIP - Use pool noodles to help boots keep their shape. OR hang boots with skirt hangers.

LEVEL OF
DIFFICULTY: DEPENDS
DURATION: 17 MIN

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DAY 5: DRESSER

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MASTER BEDROOM FOLDED CLOTHES

YOU WILL NEED:

- TRASH BAGS FOR DONATIONS
- MAKE THE BED FOR PILING

STEP ONE

Get the messy stuff first. Grab the piles from the floor. Sort each piece of clothing into categories as you go.

If you love it, put it in a separate pile on the bed. If you are done with it (it has holes, doesn't fit, or is out of style) start a donation pile on the floor.

STEP TWO

Next, go through more organized categories if you have them in drawers or cubbies.

1) **Workout Clothes** (tops, bottoms, bras)

How much workout wear is enough for you? There's no right answer.

2) **Socks**

Pair them up and throw away the singles.

Organize with shoe boxes in your drawer if you want to.

3) **Folded Bottoms** (pants, shorts, leggings, jeans)

Don't fold unless you want to. It's okay to pile things in the drawer, as long as you know where they are.

4) **Folded Tops**

NOTE: put memory tshirts with memories, not with clothes

5) **Bathing Suits/Cover-Ups**

6) **Pajamas**

You are too beautiful to wear clothes with holes in them, even to bed girlfriend!

7) **Bras**

8) **Chonies**

STEP THREE (optional)

Hide fun, personal photos in your drawers just for you.

If you MUST keep clothes for your goal weight, keep them in a box or container with today's date on it so you can re-evaluate.

Are there holes in your wardrobe-staple pieces missing? Put the items you need on your shopping list.

LEVEL OF
DIFFICULTY: MED
DURATION: 23 MIN

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DAY 6: BEDROOM

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GOING WALL BY WALL WE FINISH TIDYING
ALL SURFACES OF THE MASTER BEDROOM

YOU WILL NEED:

- EMPTY HAMPER OR BOX FOR THINGS THAT GO IN OTHER ROOMS
- TRASH CAN
- LAUNDRY BASKET
- CAMERA
- TIMER

STEP 1

Take 60 seconds to make up your bed.

If it takes longer than 60 seconds to make your bed, consider simplifying your throw pillow situation.

Put the hamper on the bed for collecting stuff.

Take 2-3 before photos of your bedroom to objectively see some clutter you may have gotten used to.

STEP 2

Set a timer for 5 minutes. Pick a starting wall and work your way along the wall. Bring the trash can with you. Clear the floor and flat surfaces of things that don't belong. Put items away.

Anything that goes in another room put into the empty hamper on the bed.

Clear out the dish where you unload your pockets, put change in a container, extra buttons into a container, fold clothes you could wear again (clean or dirty).

STEP 3

Set the timer for 5 minutes again and do the next wall. Repeat for each wall.

Pro tip- How to keep the bedside tables neat? Quickly declutter them every morning (genius!) or at least every few days. Be kind to yourself when you miss a day.

Only keep fun reading that is current by your bed. Move other reading to a bookshelf. No work, financial, or legal reading in the bedroom please.

Keep your screens in another room if at all possible (so hard!)

Put exercise equipment out of sight.

You want your bedroom to be peaceful and welcoming. Declutter any photos or items which don't make you feel at ease.

Only good vibes!

LEVEL OF
DIFFICULTY: EASY
DURATION: 20 MIN

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DAY 7: ENTRYWAY

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ENTRYWAY
AND FRONT DOOR "DROP ZONE"

YOU WILL NEED:

- PEN AND PAPER
- TRASH CAN
- RECYCLE BIN
- 2 HAMPERS OR BASKETS

Upkeep is the key.
Keeping this busy area tidy is not a one-time undertaking. It has to happen daily, or at least pretty often.

STEP 1 - FRONT DOOR

Outside your front door, pick up anything that doesn't belong and put it into the hampers to be returned to its home. Throw away mailers, old newspapers, etc.

STEP 2 - ENTRYWAY

Come inside to do the entryway.

If your backdoor entryway is in need of more tidying, go there.

Start in one corner of the space and work around. Be ruthless about throwing things away!

Put misplaced items into the hampers. I use 2 hampers:

- one for garage items and
- one for indoor stuff.

Do not put nic-nacs in your landing pad area. Leave blank space.

Stuff inevitably gets dumped here.

Clear out the bowl for keys that ends up collecting everything. (the black hole)

If you have coat hooks or a hat rack, take everything off and return to their owners' rooms or coat closet. Refresh this space today!

Keep things that belong in other people's homes right by the door for you to take to them, or put the items right in your car.

STEP 3 - PUT AWAY

Take misplaced items in your hampers to their "homes" and put them away.

Take out trash and recycling if needed.

Your home deserves to make a good first impression. It welcomes your guests, and you, each time you walk in.

LEVEL OF
DIFFICULTY: EASY
DURATION: 10 MIN

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DAY 8: WALLET & PURSE

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WALLETS, PURSES & MANBAGS

YOU WILL NEED:

- YOUR HANDBAG
- A FLAT SURFACE
- SMALL CONTAINER/BOX FOR RETURNING ITEMS TO THEIR HOMES
- TRASH CAN

STEP 1

Clear off the flat surface for working.

STEP 2 - WALLET

Empty your entire wallet onto the table.

Consider taking out less frequently used cards (loyalty cards, insurance cards, membership cards) and keeping them in a zipper bag or another wallet.

Maybe take a before picture of your wallet contents.

Keep only the things you use everyday in your main wallet to keep it trim. Throw away the trash, including receipts and punch cards you will never use. Take an after photo and then load your wallet back nice and trim. Great job! Done with the wallet(s).

NOTE: If you're in need of a new wallet, check out this awesome thin All-et wallet.

STEP 3 - HANDBAG

Dump out every everything in your handbag. Again, take a before photo if you want to.

Push everything to one side and go through each item. Create piles of like items. Throw out trash-old receipts, wrappers, etc.

Many people have asked me about purse organizers. If you like to keep a lot in your purse, they are a good idea. I keep less stuff in my purse, so I don't need an organizer (too heavy for me).

Keep a lightweight [reusable bag](#) or 2 in your purse for non-grocery shopping.

Once you have categories, decide how many of each thing you want in your bag. Put the extras away in the house, or trash em.

Take your after photo and then reload your purse!

Share Before and After photos on our Clutter Challenge FB group. This is fascinating information! (and I'm nosey)

LEVEL OF
DIFFICULTY: EASY
DURATION: 15 MIN

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DAY 9: PANTRY

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OR WHEREVER YOU KEEP YOUR
NON-REFRIGERATED FOOD

YOU WILL NEED:

- CLEAR COUNTER SPACE
- EMPTY KITCHEN TRASH BIN

STEP 1

Pick your food cabinet, drawer, or pantry area that gets used most often.

Take a before photo and think about your goal. To look pretty? To make room for things from your counter? Just to get rid of old food?

STEP 2

Set a timer for 5 minutes. Clear out the front row of things in the pantry (put them on the counter) so you can see what's hiding behind them. Go through the things in the back and throw out things that are gross, expired, triplicates, or that you will never use.

PROTIP - Don't buy bulk groceries if they won't fit in your kitchen/pantry. (unless you live an hour or more from a store!)

SECRET - shop with a list every time! This will cut down on multiples, reduce waste, and keep things more organized.

STEP 3

When putting things back, put like things together. Put unopened containers behind open containers of the same item.

The beautiful pantry: Is your goal to have an gorgeous looking pantry space? You'll need to commit to using clear containers and to decanting your groceries every time. This will be extra work each time you shop. So, if you aren't that excited about extra work, don't do it! You can easily use shoebox-shaped containers to hold categories of items which will keep them organized without the extra work of decanting!

The important element of an organized pantry area is to be able to see everything you have. Don't overcrowd the shelf with multiples.

If you have a lot of unexpired extras, consider donating them to a food bank.

Keep up the great work!

LEVEL OF
DIFFICULTY: HARD
DURATION: 20 MIN

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DAY 10: KITCHEN

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COUNTERTOPS

YOU WILL NEED:

- MESSY KITCHEN
- YOUR PHONE

Take a before photo-wide shot.

What is your goal for your countertops? More space? Just tidy up?

Are there things you use less than 3x a week out on your counters? Try to find them new homes in cabinets or pantry or closet.

If your kitchen is a straight-up disaster:

STEP 1 - put away food stuff so it won't go bad.

STEP 2 - put away all clean dishes.

STEP 3 - load your dishwasher or do your dishes.

STEP 4 - handwash special dishes as needed (NOT MANY)!

STEP 5 - clear the counters of trash and stuff that goes in other rooms.

STEP 6 - wipe down the counters and maybe sweep the floor for extra credit.

Take the after photo and share with the [clutter challenge community](#). Nice work!

PROTIPS

Put your drying rack (a big countertop clutter culprit) in your 2nd sink or get rid of it altogether and use your stovetop as your drying rack.

Dishwasher ideas- Do not wash your dishes before you put them in the DW. Keep a hand brush in your DW and use it to brush your dishes clean before you load them in. Then wash the brush every load as well. If you are a family, run the dishwasher when it gets so full it couldn't handle another meal's worth of dishes.

Don't think of this as cleaning up the kitchen, think of it as getting the kitchen ready to be used.

Do it for your future self!

Great work today!
Thank you for joining me.

LEVEL OF
DIFFICULTY: EASY
DURATION: 25 MIN

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DAY 11: KITCHEN

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WATER BOTTLES, TRAVEL MUGS
& BAGS

YOU WILL NEED:

GATHER YOUR

- REUSABLE WATER BOTTLES
- SHOPPING BAGS
- TRAVEL MUGS

FROM THE CAR AND AROUND
THE HOUSE

STEP 1 - BOTTLES

Go through every water bottle and travel tumbler to make sure they have matching lids.

Watch ["The Story of Bottled Water"](#) to see why disposable water bottles are evil.

Keep as many bottles and tumblers as your family needs. I recommend 1 per person plus 1 extra.

If your favorite is missing a lid, see if you can order a lid online. Otherwise, toss the lidless bottles. Donate your surplus bottles, please.

STEP 2 - PLASTIC BAGS

Collect all of your single-use plastic bags from stores. Get a container so they aren't blowing all over the place. Keep 12 or fewer plastic bags stored in a container, and 12 or fewer paper bags stored inside one opened paper (grocery) bag.

Order [mesh produce bags](#) to stop getting so many plastic bags.

STEP 3 - REUSABLE BAGS

Now collect all of your reusable grocery bags. Keep 10 or fewer for each car that might go to the grocery store. Store 9 bags in one bag and put them in your trunk every time you unload groceries. They live in your trunk.

[Bags4you](#) has great mesh reusable bags.

You are doing a great job at this clutter challenge! How does it feel so far?

LEVEL OF
DIFFICULTY: EASY
DURATION: 15 MIN

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DAY 12: FRIDGE

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GET RID OF ALL THOSE EXPIRED CONDIMENTS

YOU WILL NEED:

- EMPTY KITCHEN TRASH BIN
- CLEAR COUNTER SPACE

OPTIONAL: EMPTY DISHWASHER IF
YOU WANT TO WASH FRIDGE
COMPONENTS.

STEP 1 - PRODUCE DRAWERS

Take out your 2 main produce drawers.
Throw out produce that's gone bad.
Wipe out the drawers.

Move older produce to the R drawer and use the
L drawer for fresher produce. That way you know
what to use up first; **your drawers are time
capsules.**

Wipe out behind the drawers in the fridge and put drawers
back.

STEP 2 - DELI DRAWER

Repeat this process with your Deli drawer - Remove your deli drawer. Toss expired
food. Wipe out the drawer and behind the drawer and replace it.

STEP 3 - CONDIMENTS

Set a timer for 5 minutes. Throw out old and almost gone sauces. Be honest—will you use it? Put the
ones you are keeping out on the counter. Wipe out the space where they sit.

Use lazy susans to organize jars in the back of the fridge.

STEP 4 - TOP SHELF

Go through your top shelf. Take everything out and make sure it's still good. Wipe it out. Put the
keepers back.

STEP 5 - REPEAT

Repeat for the lower shelf.

PROTIPS

Store leftovers in clear containers.

Maybe decant fruit into clear bowls for easy snacking.

**Arrange all items so you can SEE every-
thing in the fridge.**

LEVEL OF
DIFFICULTY: HARD
DURATION: 18 MIN

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DAY 13: KITCHEN

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PLATES AND GLASSWARE

YOU WILL NEED:

- BOXES AND STURDY BAGS FOR DONATIONS
- OLD NEWSPAPER OR PACKING PAPER FOR FRAGILE DONATIONS
- YOUR CAMERA

For your main cabinets (plates and glasses) what is your goal today? To make things easier to grab? To get rid of extra stuff?

Take a before picture.

Clear off a little counter space for us to use.

STEP 1 - GLASSES

Start with the cabinet holding glasses. Climb up to the top shelf and assess what you have up there. You'll probably need to take stuff down to see it all. Decide what's up there that could be donated or moved to storage somewhere.

No one wants your china and crystal. If you don't want to use it, donate it today.

Make some space if you can on the top shelf. Then maybe a little on the next highest shelf. Now look at your eye-level shelf. You want that shelf to hold as many glasses as your household uses before washing dishes.

If you have 12 wine stems and 12 water glasses there, move the excess to a higher shelf, or even to another room where you keep party supplies.

STEP 2 - MUGS

Only keep 6 mugs (or fewer) for 2 coffee drinkers.

(Remember: some are probably in the dishwasher) If you can't bear to part with the rest, store them on the highest shelf possible and rotate them out. I know you love coffee! Make room on that shelf for the other coffee supplies and you will free up counter space! That will make a big difference!

STEP 3 - PLATES & BOWLS

Consider adjusting your shelves to make them shorter, or buying [shelf helpers](#) so your plates and bowls aren't stacked inside each other.

Take an after photo and share it with us.

Tag **#ClutterChallenge**

LEVEL OF
DIFFICULTY: MED
DURATION: 20 MIN

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DAY 14: COMMAND CENTER

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THIS COULD BE THE FRONT OF YOUR FRIDGE
OR ANYWHERE YOU KEEP
THE FAMILY CALENDAR
AND IMPORTANT PHONE NUMBERS

Go to the front of the fridge or your command center/bulletin board. Maybe it's a just pile of papers.

YOU WILL NEED:

- RECYCLE BIN
- TRASH CAN
- YOUR PHONE

STEP 1

Put your phone in airplane mode. Take a before photo of the command center area. What's your goal for this area? Write it on a piece of paper so you can stay on track.

STEP 2

Take inventory of the photos and magnets you have on the fridge. Try to take some down. Put those in an album. If you love having lots of photos you will now have space for new ones. Winning!

STEP 3

Go through every piece of paper. Are some of them invitations or fliers for events. Put all events in your digital calendar. Use the calendar app that comes with your phone. Easy. Throw away the fliers and invites once you've entered them. Maybe mark the events on your wall or paper calendar as well, if you have one.

STEP 4

Set a timer for 4 minutes and update your posted list of phone numbers (friends, emergency numbers, etc.)

Make the space look good enough for you. Not like a magazine.

STEP 5

Take your phone off airplane mode.

You do beautiful you! Nice work today.

LEVEL OF
DIFFICULTY: EASY
DURATION: 15 MIN

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DAY 15: KITCHEN

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TUPPERWARE

YOU WILL NEED:

- RECYCLE BIN
- CAMERA
- PLAY MUSIC
(IF IT MOTIVATES YOU)

Today is super easy!

STEP 1

Take a before picture of the drawer or cabinet.

STEP 2

Pair each container with its lid. Set the paired containers to one side.

Set aside lonely containers and lonely lids on the other side of you. Recycle those at the end if they don't find their buddy.

STEP 3

Group together small containers, medium containers, and large containers. Do you have enough? Too many? Be realistic.

PROTIPS

I recommend getting glass containers for storage. Use plastic only for taking lunch to school or work. Whatever you have, make sure they're see-through.

Make sure the containers you re-use have a wide neck for easy filling. No pasta sauce jars!

Keeping containers organized takes a little effort. It's easier to put the containers back in the right spot each time than to wait for a hot mess to tackle.

SECRET to keeping it tidy - don't keep a lot of containers!!

Store the containers with the lids ON.

Exception #1—really big containers.

Exception #2—multiples that stack perfectly

STEP 4

Can you see everything? Take an after photo.

Great work! How's the challenge going so far?
Be sure to let me know.

LEVEL OF
DIFFICULTY: EASY
DURATION: 15 MIN

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DAY 16: LIVING ROOM

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COFFEE TABLE & COUCH

YOU WILL NEED:

- 2 HAMPERS
- TRASH CAN
- VACUUM (OPTIONAL)

STEP 1

Start by picking up everything that doesn't belong in this room. Put those things in hampers or the trash. Go around the whole room!

STEP 2 - COUCH

Flip the cushions and check for crap under those. Maybe vacuum? Fold blankets and fluff pillows.

Do you have too many throw pillows? If they are always ending up on the floor, maybe you have too many. You could rotate them out.

STEP 3 - PHOTO

Take 4 photos, one of each wall of your living room. Look objectively at the photos. Is there anything you'd like to declutter?

STEP 4 - COLLECTION

Set a timer for 5 minutes. Start along 1 wall and tackle a collection, or a pile that doesn't look the way you'd like it to. Nic nacs, kids' artwork, family photos? **Rotate your collections or photos so the ones left out aren't as hidden behind each other.**

STEP 5 - WALL

Set a timer for 5 minutes. Declutter along one more wall.

Consider that people bring things to work on or to eat in this room. Make some space for that to happen. If you haven't touched a pile in a long, long time, just dive in. It will be easier than you think.

STEP 6 - TABLE

Is there a bookshelf, coffee table, or end table that is inviting clutter in your living room? Try to go through the things on it or in it. Could you get rid of the entire table?

That's a magic way to make your living room feel more spacious—get rid of a piece of furniture!

STEP 7 - PHOTO

Take 2 after photos when you are done if you are feeling proud! I'm proud of you. So there.

LEVEL OF
DIFFICULTY: MED
DURATION: 22 MIN

Be sure to check out the full video
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DAY 17: LIVING ROOM

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TOYS & HOBBY CLUTTER

YOU WILL NEED:

- HAMPER FOR MISPLACED THINGS (ESPECIALLY TOYS)
- DONATION BAG
- TRASH BAG

STEP 1

Remember your 4 photos, one of each wall of your living room. Look objectively at the photos of your 2 remaining walls. Is there anything you'd like to declutter?

STEP 2

Set a timer for 5 minutes.

Start along 1 wall and tackle a collection, or a pile that doesn't look the way you'd like it to. Nic nacs, kids' art-work, family photos? Rotate your collections or photos so the ones left out aren't as hidden behind each other.

STEP 3

Set a timer for 5 minutes. Declutter along one more wall.

STEP 4

If you have toys in the living room, work on thinning those out. Get rid of party favors, happy-meal toys, broken toys, outgrown toys. If they are quality toys in great shape, consider donating to a women's shelter. **Many donation places don't take toys because they are so cheap!**

Store toys in a [pretty container](#) with no lid. Lids make clean-up harder.

No kids? Is there clutter in the room from your hobby or workout? Move things out that aren't needed for your current project. Can you store things you are keeping in nice looking containers?

The GOAL for the living room is to make it welcoming and cozy.

Declutter wherever you can for easier cleaning and more breathing room.

STEP 5

Take after photos to share with the [CLUTTER CHALLENGE community](#).

Great work today!

LEVEL OF
DIFFICULTY: EASY
DURATION: 12 MIN

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DAY 18: DVDS & CDS

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ALSO VHS & CASSETTES...ETC

YOU WILL NEED:

- STURDY BAGS FOR DONATIONS
- SMALL BOXES FOR STORING
- COMPUTER OR PHONE FOR MAKING PLAYLISTS.

For all things in this list: **If they aren't yours, don't purge them.**

Talk to their owner about maybe ripping them and letting them go. But only thin out your own stuff.

STEP 1 - CDS

Pick the ones you are excited to listen to. Look them up on your digital music platform (apple music, spotify, etc) and mark them as favorites, or make a playlist. Then donate the CDs or at least store them in boxes out of your living space. (Label the boxes!)

Used CDs are not worth any money.

You can replicate your mix tapes in Spotify, too. It's super fun to have those accessible.

STEP 2 - VHS

Please throw these away now. All of them. Have family movies digitized. (I have no specific recommendation for a company to use.)

STEP 3 - DVDS

Do you have a DVD player? Keep the DVDs near the player. They aren't worth any money. Keep only ones you will watch multiple times. Maybe burn those to the cloud. Donate or trash all other DVDs.

If no one seems to put the DVDs back into the right case, consider this:

PROTIP - It is worth the small rental fee (for streaming online) to me to have a living room with NO DVDs in it! How about you?

STEP 4 - VIDEO GAMES

These can be resold at stores or online. Task your children with selling them unless they are yours.

What are your favorite movies you found today?
Tell me about your old mix tapes you found!

LEVEL OF
DIFFICULTY: MED
DURATION: 15 MIN

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DAY 19: BOOKS

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YOU WILL NEED: STURDY BAGS FOR DONATIONS

STEP 1

Go to the place most of your books are kept.

Acknowledge that books are very hard to thin out.

Take a deep breath and think about how you want your space to look. Do you need to make some room? Do you want to make some room for new books you are excited about? Use that motivation to keep you tough. BE BRUTAL!

STEP 2

Ask yourself which books am I actually planning to read (again)? Don't say "should".

If you want to get rid of a lot of books, use the **SHOP-YOUR-SHELVES TECHNIQUE**. Only pick up the ones you definitely WANT to read.

If you want to only purge a few, quickly look at each book and only keep the ones you can't wait to read.

STEP 3

Go to the next area in your house where books are stored and repeat the process. Keep breathing.

Having a lot of books doesn't make you more smart or more interesting. It only makes you have more books!

STEP 4

If you have sooo many boxes and bags to donate, look online for someone who will come pick them up for free. Books are heavy!

How many did you get rid of today?
Take a picture of your donation pile and share it with the [Clutter Challenge Community!](#)

LEVEL OF
DIFFICULTY: HARD
DURATION: DEPENDS

Be sure to check out the full video
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DAY 20: OFFICE

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DESKTOP

YOU WILL NEED:

- HAMPER FOR MISPLACED ITEMS
- TRASH CAN
- RECYCLE BIN

STEP 1

Sit at the desk. TURN OFF YOUR COMPUTER or at least put it to sleep.

STEP 2 - OBJECTS

Go through each non-paper item on the desk and put it away or in the hamper to be returned to its home.

STEP 3 - PAPER

Go through every paper on the desk and put it away or in the recycle bin.

Keep on the desk anything you have to do today.

Use a vertical [file holder](#) on the desk or a file at the front of your files where you'll keep any current projects (this week only).

You will find projects you've started long, long ago. Be honest with yourself about if they are still a priority. If they are, put time to do them on your calendar. If they aren't a priority right now, store them somewhere else—not on your desk!

If you are saving pieces of paper (or biz cards) with contact info or things to do, put those in your phone immediately. Then recycle the paper.

STEP 5 - TO-DO LISTS

Consolidate your to-do lists on to one list or digitize them with the list app that comes on your phone. No fancy app needed.

STEP 6 - INBOX

Set up an in-box place for incoming TO DO items, including bills. Maybe this stays on another shelf or even on the floor. Put on your calendar "Go through in box" once or twice a month.

PROTIPS

Rotate photos and motivational art to keep them spicy!

If something is broken, write today's date on a sticky note and stick it to the item. Put time in your calendar to repair things.

LEVEL OF
DIFFICULTY: HARD
DURATION: 15 MIN

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DAY 21: OFFICE

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FILES

YOU WILL NEED:

- RECYCLE BIN
- MAYBE YOUR SHREDDER

Gather your file boxes together or go to your filing cabinet. Go through one category at a time.

Goal: spend VERY LITTLE time filing in your life.

In general, make your file categories larger and simpler.

Example- "monthly bills", "cars" "life docs".

STEP 1 - UTILITIES

Go paperless if you haven't already! You can see your entire history online at each utility's website. If you still get paper statements - **only keep the previous month's statement for each utility** to ensure they received your payment.

Shredding is a huge waste of time for most bills. Your name, address, phone #, and age are easily accessible online, and your bank account# is on every check you write. Most CC companies don't put your CC# on your statement any more. Don't shred unless you have to!

STEP 2 - INSURANCE

Only keep current policies. Throw away all of the old ones. Weeeee! Whether you were insured last year is completely irrelevant to your life now.

STEP 3 - INVESTMENT REPORTS

Same story. It doesn't matter what your portfolio was worth 3 years ago. Most of these reports DO NOT need to be shredded.

STEP 4 - CARS

What will you actually NEED in the future? Not maintenance receipts. Just the pink slip, etc. Car insurance info and maybe one statment.

STEP 5 - BANK STATEMENTS

Up to you. Do you check them for errors? Do you add up write-offs? If not, rip them up and recycle.

STEP 6 - RECEIPTS

Only keep deductible receipts and items you may return. Label one file (or envelope, etc) "Possible returns". Keep receipts for large ticket items like furniture or appliances. Staple them to the warranty and put them in another file "House purchases" or similar. For deductible receipts, **get a scanning app**. Scan them right away or once a week (no longer than a week). Then throw away the paper receipts. Don't scan all old ones today. Just do it going forward. Set up one file for all tax deductions for your household (car registration, childcare, etc.) Use [Dropbox](#) or [Evernote](#) or [Google Drive](#) to keep digital records.

STEP 7 - MEDICAL COSTS & RECORDS

Personal and up to you. We aren't handling that today. Only easy stuff.

STEP 8 - PROPERTY RECORDS

These can be disposed of once you no longer own the property.

Your files hopefully feel much lighter and easier to access. Give yourself some credit for tackling this difficult project.

LEVEL OF
DIFFICULTY: MED
DURATION: 25 MIN

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DAY 22: OFFICE

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OFFICE SUPPLIES

YOU WILL NEED:

- DUSTING RAG
- DONATION BOX
- EMPTY TRASH CAN
- CLEAR DESKTOP

Office Desk - Center Drawer - full of supplies!

STEP 1

Take things out by category and put them into piles on your desktop. Pens and markers. Staples and staplers and paper clips. If you have them corralled already, take out the container and set it on the desk. Could you thin out the container? There's no right answer.

Keep going until everything is out of the drawer and into piles with their buddies.

STEP 2

Wipe out the drawer.

STEP 3

Put things back. Use box tops or lidless containers to corral the mess. You don't have to go crazy! One or two box tops can bring a lot of order to the drawer. Maybe use a flatware organizer (from the kitchen) to organize lots of pens/markers.

PROTIPS

If you have too many office supplies to fit in the top drawer, store the extras in another drawer or box somewhere. Put a sticky note in the drawer that says "EXTRAS ARE IN THE _____" so you don't go buy new ones before using up what you have.

Do you pay bills here? Keep everything for that together: stamps, envelopes, address labels, checkbooks.

What else do you do here? It's probably mostly on the computer. So, keep everything else away in drawers. Plenty of papers and tidbits come in and get dropped here. So, don't leave a lot of clutter out permanently.

The secret to a clear desk is having places for everything in drawers or cabinets.

LEVEL OF
DIFFICULTY: MED
DURATION: 23 MIN

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DAY 23: BATHROOM

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MEDICINES AND TOILETRIES

YOU WILL NEED:

- TRASH CAN
- SHOPPING LIST
- LOW STOOL TO SIT ON

STEP 1 - MEDICINE CABINET

In your medicine cabinet or main shelf by the sink, only keep one (unless they are tiny) of things you use many times a week. First aid, cold meds, and extra supplies can be stored elsewhere if you want things to look more tidy.

STEP 2 - MEDICINE DRAWER

If you have multiple bathrooms, either keep a drug store drawer in each one, or keep one main drug store area in the house somewhere.

STEP 3 - EXPIRATION DATES

Take everything out and check expiration dates. How many multiples do you need to keep? You decide. Depends on the space you have, your proximity to a store or willingness to shop online. Combine multiple containers if possible.

STEP 4 - UNWANTED ITEMS

Throw away prescriptions you are done with. Our sheriff has a drop box outside for drug drop. Look online for your nearest disposal place.

It's often hard to know where to donate bathroom supplies.

Homeless shelter- travel size toiletries.

Women's recovery home- full sized extra toiletries.

If you are feeling paralyzed by figuring out the perfect place or person to give your extras to, it's also okay to throw away products you didn't like. We are decluttering your house so it feels nice for you.

STEP 5 - TRAVEL-SIZE TOILETRIES

Only keep 1 or maybe 2 for camping or for guests. Most of the time your guests will use what you have out. Next time you travel, there will be more travel soaps.

Free up some bathroom space!

PROTIP

Use shoe boxes or drawer dividers to keep the drawer more organized. Only need 1-2 per drawer.

LEVEL OF
DIFFICULTY: EASY
DURATION: 15 MIN

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DAY 24: CLEANING SUPPLIES

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YOU WILL NEED:

- TRASH CAN
- LIDLESS LARGE CONTAINERS

Take a look at the disaster zone under your kitchen sink.

Your goal today is to thin it out so you can see and reach everything there.

Only keep what you use in the kitchen. Many products are duplicating each other.

Check out "[Talking Dirty with the Queen of Clean](#)". It's a classic book that tells you how to clean anything and she only uses a few products. I think most cleaning products are a scam.

STEP 1 - SORT

Pull out everything under the sink. Which products do you use in the kitchen? Can you store carpet cleaners, dusting spray, etc somewhere else?

Get rid of duplicates. Donate them to a food bank.

STEP 2 - BULK ITEMS

Store extras and bulk containers in the garage or laundry area.

Put a note to look there when supplies run out. In the future, don't buy so much.

STEP 3 - PUT AWAY

Place large bottles near the back of the cabinet and use lidless containers (or trays) to store things in the front. This makes it easy to get to what's in back. Just pull out the tray!

Consider making your own cleaning solution. SO MUCH CHEAPER. This one for granite counters- 5 drops of dish soap, 1/4 c rubbing alcohol, fill spray bottle with water.

You've come so far in this challenge. Today was easy. and you killed it! Way to go.

LEVEL OF
DIFFICULTY: EASY
DURATION: 20 MIN

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DAY 25: KID'S ROOM

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KID'S CLOTHES & SHOES

YOU WILL NEED:

- TRASH
- DONATION BAGS
- STORAGE BINS OF HAND-ME-DOWNS
- SHARPIE
- 3X5 CARDS

STEP 1 - HANGING CLOTHES

Check the sizes and what state the clothes are in. If you have plenty of hanging room and not a lot to hang, consider using hanging sweater shelves for folded items or shoes. Donate everything that's too small.

Put clothes that are 2 years+ too big in a sealed, plastic container for storage. Clearly write the sizes on a card at the top of the box.

STEP 2 - DRESSER

Empty the drawers, one at a time. Go through every item and put it in one of the three categories:

- 1) the donate bag
- 2) trash
- 3) on the bed to keep it

Then the next drawer. Finally assess what you have and restock your drawers. Also put away any new hand-me-downs you have that will fit now.

STEP 3 - SHOES

Donate or toss outgrown shoes and return the others to their home.

Keep a community donate bin for everyone to put outgrown clothes, toys, etc in the house. I use a trash can with a lid.

Don't perfectly fold elementary kids' clothes.

Kids age 6+ can do their own laundry with a little help! #truestory

Wash everything in cold and use rudimentary folding. Aim for independence, not for perfection!

While they CAN do laundry, thinning out clothes is not realistic for kids until they express some interest in it.

If you feel very sentimental about some clothes, keep those in your child's memory box. Know that you are keeping the memories for YOU, not your child.

Nice work, repeat the process with your other child(ren). Go, Declutterer! You rock!

LEVEL OF
DIFFICULTY: EASY
DURATION: 28 MIN

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DAY 26: KID'S ROOM

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KID'S TOYS

YOU WILL NEED:

- TRASH BIN
- DONATION BAGS

Today we'll try something a little different because toys can be overwhelming and could potentially take all day!

When you walk in, there will be toys on the floor which they last used. If you can, leave those alone.

STEP 1

Set a timer for 5 minutes.
Pick up obvious trash, broken toys and electronics.
Throw them away.

STEP 2

Go to the containers under the bed, in the closet or drawers.
Find things they haven't played with in a while and donate those (or throw them away if they are cheap or broken). Any cheap, little trinkets from the 99c store or happy meals. Toss them.

Don't get hung up on where to donate or take the toys. The most important thing is to get them out of the house!

STEP 3

If you have energy and that was cool, do it in another child's room, or again in this room. 5 minutes. You can search for books, stuffed animals, or toys. Whatever feels like a no-brainer to let go of.

If you see toys or memorabilia you'd like to save for yourself, get those out and put them in a sealable bin. If that's too hard, skip it.

No one expects you to do it all.

No one expects your kids' rooms to be very tidy.

You did a great job today. That's enough.

LEVEL OF
DIFFICULTY: EASY
DURATION: 15 MIN

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DAY 27: MAGAZINES & GAMES

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YOU WILL NEED:

- DONATION BOX
- TRASH CAN
- RUBBER BANDS
- MASKING TAPE

STEP 1 - MAGAZINES

Magazines are written in an 18-24 month cycle. They are designed to be recycled and not kept.

Think about why you are holding on to old ones when new ones keep coming? Are you afraid you are missing out? Losing money? Failing at life? What does your inner Barbie say about magazines? We all know Barbie can't even stand up on her own. Sit down, Barbie.

Recycle every magazine in your house that is expired. Just do it. This is a clutter challenge and this is the challenge part. Let them go.

STEP 2 - UNSUBSCRIBE

Now, from which ones can you [unsubscribe](#)? Let's do that.

STEP 3 - GAMES

Start at your game storage area (the games that are out, you'll find later). Be brutal and honest about which ones are great, fun, and you actually play.

It's okay to just throw the ones you don't want away. But, if all the pieces are there, you can donate the games if you secure the box or container so they don't lose parts on their journey to be donated.

Consider these questions:

- 1) How much room do you have for games?
- 2) How much time does your family spend gaming?
- 3) Do you love the game?
- 4) Does someone love the game?

STEP 4 - PUT AWAY

Can you see all of your games? Is there a little room to breathe?

Congratulations, they are organized.

LEVEL OF
DIFFICULTY: EASY
DURATION: 15 MIN

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DAY 28: HALL CLOSET

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COATS & OUTDOOR GEAR

YOU WILL NEED:

- BASKET OR HAMPER
- DONATION BAGS
- TRASH CAN

Most hall closets are small and stuffed! Things get lost in the back. So today we'll spend a little time going through the closet to see what we can get rid of.

STEP 1 - HANGING ITEMS

Pull out everything and decide if you will keep it. Has it been used this year? Would it be easier to find in another closet?

Bag the things you are donating and set aside the hanging items you will keep.

STEP 2 - FLOOR

Now what's on the floor?

Take out each item and ask the questions again:

- 1) Has it been used this year?
- 2) Could I store it better somewhere else?

STEP 3 - SHELVES

Check the shelves using the same process and questions.

STEP 4 - PUT AWAY

When putting things back, maybe you want to change it around to have less-used things up on top shelves. Try to leave some empty hangers for when you have guests.

Maybe now you have room in here for a box or pile that's hanging out in the living or dining room.

Yay!

LEVEL OF
DIFFICULTY: MED
DURATION: 15 MIN

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DAY 29: JUNK DRAWER

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YOU WILL NEED:

- SHOE BOX OR SIMILAR
- TRASH CAN
- CHAIR TO SIT IN

If you feel completely overwhelmed by your junk drawer here's the plan:

STEP 1

Set a timer for 3 minutes. 3 MINUTES!

STEP 2

Open up the drawer and take out 10 items that don't belong in there. Maybe trash, maybe things that live in other rooms. After 10 items or 3 minutes – whichever comes first – you are done.

STEP 3 (OPTIONAL)

After that, if you feel like you could do a little more, maybe take out ten more things.

Or if most of the items left belong in the drawer, start to remove things from a category that is well represented. Maybe batteries; maybe pens/pencils; maybe business cards; etc.

If you have wiggle room in the drawer, shove everything to the side and put a box top or other container to hold all of the items in your category.

If no wiggle room, you'd better take out 10 more things, I think.

(SNEAKY) PROTIP

Put a key bowl on the counter right above the junk drawer. People will deposit stuff there, instead of in the drawer. Then you have less to sort through and the drawer stays a little neater, longer. It will catch the broken parts and missing pieces that people don't know where to put.

Then after a few months, if no one has claimed them, they can be tossed before they ever get into the junk drawer to die. Mwahahahaaa

No one's junk drawer is pretty and no one cares if yours is!

If a perfect junk drawer is not your priority, gimme five and let's go have a snack, 'cause we are DONE.

LEVEL OF
DIFFICULTY: EASY
DURATION: 10 MIN

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DAY 30: LINEN CLOSET

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SHEETS, BLANKETS...ETC

YOU WILL NEED:

- DONATION BAGS
- BLUE TAPE
- SHARPIE
OR (LABEL MAKER)

The problem with linen closets is everything looks the same.

We'll fix that easily today!

If you are lucky enough to HAVE a linen closet, it's a perfect place to store many things. Let's thin out your linens to make room for storing other stuff that is cluttering up your space.

STEP 1

Pull out your bed linens one by one and assess them. Are they in good shape? If not, donate blankets to an animal shelter and throw out the sheets.

If you want to save space or simplify, consider only keeping 1 extra set per bed and 1 set for guests.

Write on the sheet's tag which bed the sheet goes to.

Put sheets you are keeping back in piles by room (or maybe by size if they are interchangeable). Label the shelf or drawer "Susie's bed" or "Queen sheets".

STEP 2

Pull out your bath linens if they are here and assess those. Follow the same steps as with your sheets.

STEP 3

Put items back and label the shelves or containers.

EXTRA CREDIT

Use towel racks or over-the-door mounted storage for extra space in the linen closet. Use baskets or shelf helpers (like like in the hall closet video) to keep rooms separate.

If you don't have a linen closet, you need to stick to this limit of 2 sets per room.

Seriously! 1 set is in use. 1 set is being washed or stored in the room where it gets used.

LEVEL OF
DIFFICULTY: EASY
DURATION: 15 MIN

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DAY 31: PEP TALK

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UNCOVERING YOUR DREAM HOME

YOU WILL NEED:

- SHARPIE
- PIECE OF PAPER
(OR NOTE CARD)

Why are you here?

Is there some area you were wanting to get to and we didn't? [Please send](#) me a note and we'll do another video.

Deep organizing & decluttering philosophy:

Before you start working on any space in your house, think about what your goal is for that area.

Why are you here?

Why did you want to get rid of clutter?

What do you want your home to feel like?

STEP 1

Figure out which area is still troubling you in your home—just not right. If you can't decide, I'm picking your [master bedroom](#) for you.

Before we go to the space think about it and what it would look like ideally.

STEP 2

Write down 2 to 4 words about what you want from the room.

STEP 3

Now go in. Are there things that are totally NOT contributing to the vibe you are going for? First get rid of those things and then decide if you need to buy anything to get the vibe. Maybe you need to bring in something you already have, or maybe you need to bring in a new intention. Let's look for things that are out of place or not contributing to the feeling I want in my house. Today is a day to consider getting rid of bigger things – appliances, furniture, storage bins, art on the wall.

Your inner Barbie may be saying you don't know anything about design. Tell Barbie to shut up! You are taking care of beautiful you. You know what you want from the space. Start there.

STEP 4

Always shop last! Before you buy things to put in your house, think about the things you already have. When you bought these things, what did you think would happen? What are you hoping for from your stuff and from each area? If the stuff hasn't worked out, it's time to let it go for someone else to use.

Please subscribe to the [newsletter](#) for updates on more fun projects from get organized already. Thank you for your work on the **#clutterchallenge**. Great work!

LEVEL OF
DIFFICULTY: EASY
DURATION: 10 MIN

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