

Declutter Challenge

One small zone a day. 15 minutes. Easiest first, hardest last.

NAME

START DATE

MY DECLUTTER TIME

	1	2	3	4	5	6	7
WEEK 1 · QUICK WINS	Bag or wallet Receipts, pens, old cards ☐ 15 MIN ☐ 5 ITEMS	Junk drawer Keep what you used this year ☐ 15 MIN ☐ 5 ITEMS	Bathroom counter Daily-use things only ☐ 15 MIN ☐ 5 ITEMS	Fridge Out-of-date food, old jars ☐ 15 MIN ☐ 5 ITEMS	Bedside table Keep it almost empty ☐ 15 MIN ☐ 5 ITEMS	Entryway & shoes Unworn shoes, flyers ☐ 15 MIN ☐ 5 ITEMS	Donate box Set it up. Start filling. ☐ 15 MIN ☐ 5 ITEMS
	8 Mugs & bottles Keep the ones you reach for ☐ 15 MIN ☐ 5 ITEMS	9 Food cupboard Expired out, unopened to a food bank ☐ 15 MIN ☐ 5 ITEMS	10 Containers & lids No lid, no keep ☐ 15 MIN ☐ 5 ITEMS	11 Under the sink Empties, old sponges ☐ 15 MIN ☐ 5 ITEMS	12 Bathroom cabinet Old meds back to a pharmacy ☐ 15 MIN ☐ 5 ITEMS	13 Towels & bedding Two sets per bed ☐ 15 MIN ☐ 5 ITEMS	14 Kitchen counters Unused this week? Put away ☐ 15 MIN ☐ 5 ITEMS
	15 Socks & underwear Holes, lost pairs ☐ 15 MIN ☐ 5 ITEMS	16 T-shirts & tops Would you wear it this week? ☐ 15 MIN ☐ 5 ITEMS	17 Coats & jackets Donate when they're needed ☐ 15 MIN ☐ 5 ITEMS	18 Shoes Unworn for a year ☐ 15 MIN ☐ 5 ITEMS	19 Bags & accessories Scarves, belts, one-time bags ☐ 15 MIN ☐ 5 ITEMS	20 Under the bed Keep it as empty as you can ☐ 15 MIN ☐ 5 ITEMS	21 "The chair" Away, washed or donated ☐ 15 MIN ☐ 5 ITEMS
	22 Coffee table & sofa Evening-use things only ☐ 15 MIN ☐ 5 ITEMS	23 Books & magazines Love it or read it this year ☐ 15 MIN ☐ 5 ITEMS	24 Cables & chargers No device, no keep ☐ 15 MIN ☐ 5 ITEMS	25 The paper pile Shred, recycle, file ☐ 15 MIN ☐ 5 ITEMS	26 Hobby or kids' stuff Unused supplies and toys ☐ 15 MIN ☐ 5 ITEMS	27 Your desk Surface, then one drawer ☐ 15 MIN ☐ 5 ITEMS	28 Car / balcony / storage One small area only ☐ 15 MIN ☐ 5 ITEMS
	29 Your phone 10 apps, 100 screenshots ☐ 15 MIN ☐ 5 ITEMS	30 Your inbox Unsubscribe from 10 ☐ 15 MIN ☐ 5 ITEMS	31 Donate run Every bag out. Celebrate. ☐ 15 MIN ☐ 5 ITEMS	HOW IT WORKS 1. Set a 15-minute timer. Stop when it rings. 2. Three piles: keep, donate, bin. 3. Bad day? Remove 5 items. Tick either box: both count as a full day. 4. Snap a before and after photo. That's your proof.			

☐ 15 min = full session ☐ 5 items = minimum (counts the same)

Missed a day? Do today's zone. Miss once, never twice.

What Left the House

Colour a square for every bag that leaves. Log anything to sell or give to someone.

DONATE BAGS

☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

BIN BAGS

☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

RECYCLING

☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

Donate & sell log

ITEM	SELL	GIFT	TO WHO / WHERE · BY WHEN
	☐	☐	
	☐	☐	
	☐	☐	
	☐	☐	
	☐	☐	
	☐	☐	
	☐	☐	
	☐	☐	
	☐	☐	
	☐	☐	
	☐	☐	

The 7 rules

- 1 15 minutes, then stop.** Even if you're on a roll.
- 2 Keep, donate, bin.** No "maybe" pile. 10 seconds of doubt = donate.
- 3 Minimum = 5 items.** Counts as a full day.
- 4 No new storage** until Day 31.
- 5 Donate bags leave** within 7 days.
- 6 Miss once, never twice.** Do today's zone, not two.
- 7 Before & after photo.** Every day. That's your proof.

After Day 31: keep it clear

- ☐ **Keep the donate box**
Same spot. Full = it leaves.
- ☐ **One in, one out**
New mug in, old mug out.
- ☐ **5-minute evening tidy**
Counter, coffee table, the chair.

MY FAVOURITE CLEARED SPACE

MY NEXT CHALLENGE