

31-DAY CHALLENGE · START ANY DAY

31 Declutter Challenge

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

NAME

START DATE

MY DECLUTTER TIME

WEEK 1 · QUICK WINS

1

Bag or wallet

Receipts, pens, old cards

☐ 15 MIN ☐ 5 ITEMS

2

Junk drawer

Keep what you used this year

☐ 15 MIN ☐ 5 ITEMS

3

Bathroom counter

Daily-use things only

☐ 15 MIN ☐ 5 ITEMS

4

Fridge

Out-of-date food, old jars

☐ 15 MIN ☐ 5 ITEMS

5

Bedside table

Keep it almost empty

☐ 15 MIN ☐ 5 ITEMS

6

Entryway & shoes

Unworn shoes, flyers

☐ 15 MIN ☐ 5 ITEMS

7

Donate box

Set it up. Start filling.

☐ 15 MIN ☐ 5 ITEMS

WEEK 2 · KITCHEN & BATH

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

WEEK 3 · CLOTHES & BEDROOM

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

WEEK 4 · LIVING & PAPER

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 only

☐ 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

- Set a 15-minute timer. Stop when it rings.
- Three piles: keep, donate, bin.
- Bad day? Remove 5 items. Either circle counts as a full day.
- 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.

Small is valid. Five items out is a win.

harder.pro/blog/declutter-challenge

What Left the House

Colour a circle for every bag that leaves. Log anything to sell or give away.

DONATE BAGS

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

BIN BAGS

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

RECYCLING

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

Donate & sell log

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

The seven 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.

You don't have to plan tomorrow. It's already on the list.

After Day 31: keep it clear

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

MY FAVOURITE CLEARED SPACE

MY NEXT CHALLENGE