

Decluttering

SELF-CARE CHALLENGE

KITCHEN

Do all dishes and organize all kitchen ware

FRIDGE

Deep clean and throw out expired food

PANTRY

Organize dry goods (spices) and clean out expired goods

KITCHEN COUNTER

Remove unnecessary things and find a place for them

FRONT CLOSET

Keep bare essentials only. Toss old shoes and unused items.

DESK

Clean out and organize all desk and office supplies

CLEANING SUPPLIES

Reduce down to the very basic cleaners

COAT CLOSET

Clean out old coats and unused items

MEDICINE CABINET

Organize and clean out old everyday essentials

OFFICE

Download and organize all paper work and files

NIGHT STAND

Self-care essentials only for good night sleep

DEVICES

Find Proper disposal for electronics. Throw away old wires.

BOOKS/MOVIES

Clean out or donate old books and movies

JUNK DRAWER

Clean out and organize.

KIDS CLOTHES

Segregate old items - sell, donate, trash

UNDER CLOTHES

Only things you wear most days

LINEN CLOSET

Keep only 2 sets of linen for each bed

LAUNDRY ROOM

Focus on things you use daily or weekly

BEDROOM CLOSET

Make 3 piles- keep, donate, toss

TOILETRIES

Toss out old lotions, make up or soaps.

CAR AND TRUCK

Divide into 2 piles - car or house

GARAGE 1

Segregate into 3 piles - keep, donate or toss

GARAGE 2

Go through piles again and decide

GARAGE 3

Organize and label in storage containers and shelves

MAINT.

Go around and do a quick clean up on already done areas

OUTDOOR AND PATIO

Clear dead plants and organize pots

PURSE OR DAILY BAG

Keep what is used

SUBSCRIPTIONS

Tally all paid subscriptions and cancel unused

POWDER ROOM

Clean out the extra stuff

FINAL SWEEP

Catch up on all other rooms and areas