30 Day Declutter Challenge

30 days, one spot a day, and a tip for each one



1. Keep a trash bag and one donation box handy all month. Set a timer for 10 to 15 minutes and stop when it rings.
2. Every day, same five steps: trash, easy stuff (take it home now), duh clutter, the two questions, make it fit.
3. Missed a day? Skip it and do today's spot. Catch up on the rest day, don't double up.

1 ☐ **Kitchen counter** just trash and easy stuff	**2** ☐ **Dining table** what isn't meant to be on it goes back	**3** ☐ **Entryway** shoes nobody wears, extra bags	**4** ☐ **Coffee table & living room** side tables and TV console too	**5** ☐ **Bathroom counter** empty bottles and samples first
6 ☐ **Nightstand** the top first, then one drawer	**7** ☐ **Rest or catch-up** finish a skipped spot or rest	**8** ☐ **Fridge** spoiled and forgotten food goes	**9** ☐ **One pantry shelf** group duplicates, use them first	**10** ☐ **Food storage containers** match every lid
11 ☐ **Mugs and water bottles** the shelf decides	**12** ☐ **Utensil drawer** keep duplicates you use	**13** ☐ **⚠ Medicine cabinet** expired or unused: take-back	**14** ☐ **Rest or catch-up** finish a skipped spot or rest	**15** ☐ **Socks and underwear** no pair, holes, doesn't fit
16 ☐ **Closet: tops** doesn't fit now: donation box	**17** ☐ **Closet: pants and skirts** same rule as yesterday	**18** ☐ **Shoes** the rack or shelf is the limit	**19** ☐ **Coats and bags** coats nobody wears are easy wins	**20** ☐ **Towels and bedding** keep what fits the linen shelf
21 ☐ **Rest or catch-up** finish a skipped spot or rest	**22** ☐ **Junk drawer** now it's time	**23** ☐ **⚠ Cables and chargers** batteries: special drop-off	**24** ☐ **Mail and paper pile** shred personal information	**25** ☐ **Books and magazines** donate books, recycle magazines
26 ☐ **⚠ Under the sink** cleaners, paint: hazardous waste	**27** ☐ **Car** trash first, then easy stuff inside	**28** ☐ **Rest or catch-up** finish a skipped spot or rest	**29** ☐ **Donation run** every box out of the house	**30** ☐ **Walk-through** compare to your day-1 photo

Not sure about an item? Dana K. White's two questions:

"If I needed this item, where would I look for it? Take it there now."

"If I needed this item, would it occur to me that I already had one?"

⚠ = special disposal. Medicines: the FDA's first choice is a take-back location or mail-back envelope; don't flush unless it's on the FDA flush list. Batteries, old electronics, leftover cleaners and paint need a special drop-off: check your local rules. Details and sources are in the full guide at onespothome.com/30-day-declutter-challenge.