31-Day Declutter Countdown



31 days, one small spot a day, December 1 to 31

1. One 15-minute session on one small spot a day. Keep a trash bag and one donation box handy all month.
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. Don't double up.

1 ☐
Kitchen counter
just trash and easy stuff

2 ☐
Entryway and coat hooks
room for guests' coats

3 ☐
Decorations, as you unpack
broken or annoying goes out

4 ☐
Fridge
expired and forgotten food

5 ☐
Pantry shelf and spices
group duplicates together

6 ☐
Food storage containers
match every lid

7 ☐
Mugs, glasses, serving dishes
what fits the cabinet

8 ☐
Living room surfaces
coffee table, TV console

9 ☐
Toys, if you have kids
the bins you have set the limit

10 ☐
Donation run
out of the house, not to the door

11 ☐
Gift wrap supplies
torn bags, tangled ribbon

12 ☐
Mail and paper pile
junk mail and catalogs: trash

13 ☐
Linen closet or guest bedding
sets that fit the shelf

14 ☐
Bathroom counter
empty bottles, expired products

15 ☐
⚠ Medicine cabinet
expired medicines: take-back

16 ☐
Coat closet
coats nobody wears: donation box

17 ☐
The "chair" or one clothes pile
put away, question the rest

18 ☐
Nightstand
one surface, one drawer

19 ☐
Purse, bag and wallet
old receipts, wrappers

20 ☐
Car
trash first, then easy stuff

21 ☐
Junk drawer
a hidden spot, fine now

22 ☐
Sock and underwear drawer
no pair, holes, doesn't fit

23 ☐
5-minute trash sweep
main rooms, one bag

24 ☐
5-minute trash sweep, or rest
your call

25 ☐
Day off
no task

26 ☐
Rooms where you celebrated
trash and packaging first

27 ☐
Wherever new gifts go
the new replaces the old

28 ☐
Decorations, as you pack them
keep what fits the containers

29 ☐
This year's papers
receipts in one folder

30 ☐
Last donation run of the year
get a receipt

31 ☐
Walk-through
pick one spot to keep up in January

Dana K. White, A Slob Comes Clean:

"There's no better time to declutter than when you're moving things around anyway."

"If you got a new can opener in your stocking, replace your old can opener."

⚠ = special disposal. The FDA's first choice for expired or unused medicines is a take-back option (some pharmacies, police stations, or a mail-back envelope). Not sure if you still need one? Ask your doctor or pharmacist. Day 30: check opening hours, some places change them around the holidays. Details and sources are in the full guide at onespothome.com/declutter-before-new-year.