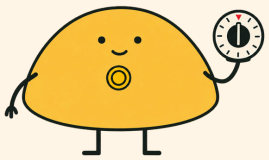
Your First Week of Decluttering



7 days, 15 minutes a day: 16 boxes to tick

1. Start with one small spot you see every day. Leave closets, the garage and sentimental items for later.
2. Set a timer for 15 minutes. Trash first, then easy stuff, then duh clutter.
3. Stop when the timer goes off, even if you're not done. Tomorrow, the next spot.

BEFORE YOU START · 2 MINUTES

- [ ] Pick one small, visible spot → a counter, a nightstand, one shelf
- [ ] Grab a trash bag and a donation box → no need to buy anything
- [ ] Set a timer for 15 minutes → stop when it rings

YOUR 15-MINUTE SESSION

- [ ] 1. Trash → wrappers, junk mail, dried-up pens
- [ ] 2. Easy stuff → back to its home, right now
- [ ] 3. Duh clutter → straight into the donation box
- [ ] 4. The two questions → for whatever is left
- [ ] 5. Make it fit → the space is the limit
- [ ] Timer's up: stop → trash out, box by the front door

YOUR FIRST WEEK · ONE SPOT A DAY

- [ ] Day 1 · Kitchen counter → just trash and easy stuff
- [ ] Day 2 · Counter or dining table → what fits on the counter?
- [ ] Day 3 · Entryway → mail, shoes, bags
- [ ] Day 4 · Coffee table or nightstand → the two questions
- [ ] Day 5 · Bathroom counter → empty products count as trash
- [ ] Day 6 · The “chair” or a clothes pile → put away what has a home
- [ ] Day 7 · Donation box out of the house → look back at your spots

Stuck on one item? Dana K. White's two decluttering 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?”

Steps, Visibility Rule and Container Concept: Dana K. White (A Slob Comes Clean). 15 minutes and “just pick a spot”: FlyLady. The 7-day plan is our own synthesis of these methods. If you can't let go of anything at all, or the clutter affects your health or safety, a doctor, a therapist or a professional organizer is a better first step. Details and sources are in the full guide at onespothome.com/where-to-start-decluttering.