

7-Day Declutter Challenge

One small, focused task a day. Most take 15–30 minutes. Keep three bags or boxes handy: **Keep elsewhere**, **Donate**, **Toss/Recycle**. Done is better than perfect.

Start date: _____ Name: _____

DAY
1

Entryway & drop zones · 15 min

Clear the landing spots where clutter arrives first.

- ☐ Clear shoes, bags and mail from the entry
- ☐ Toss junk mail and expired coupons
- ☐ Set one tray or hook for keys and wallets

DAY
2

Kitchen counters · 20 min

Keep only daily-use items on the counter.

- ☐ Remove everything that isn't used daily
- ☐ Wipe counters and put back only the essentials
- ☐ Toss expired food from one shelf

DAY
3

Bathroom · 15 min

Edit products down to what you actually use.

- ☐ Empty one drawer or under-sink cabinet
- ☐ Toss expired medicine (follow local disposal rules), old makeup and empty bottles
- ☐ Group what is left by category

DAY
4

Clothes · 30 min

Make room in your closet or dresser.

- ☐ Pull 10 items you haven't worn in a year
- ☐ Bag them to donate, sell or recycle
- ☐ Match socks and toss singles and worn-out pairs



DAY
5

Paper & mail · 20 min

Stop the paper pile from coming back.

- ☐ Sort into: act, file, shred, recycle
- ☐ Unsubscribe from 3 catalogs or mailing lists
- ☐ Create one "to do" folder for bills and forms

DAY
6

Living room · 20 min

Reset the shared space everyone uses.

- ☐ Return items that belong in other rooms
- ☐ Edit cords, remotes, blankets and toys
- ☐ Clear the coffee table completely

DAY
7

Donate & reset · 30 min

Finish the week and lock in the habit.

- ☐ Drop off the donate bags (put them in the car today)
- ☐ Do a 10-minute walk-through of every room
- ☐ Pick one daily 10-minute reset time

Bag tally

	Donate	Toss/Recycle
Day 1		
Day 2		
Day 3		
Day 4		
Day 5		
Day 6		
Day 7		

Notes & wins
