

30 Day De-clutter Challenge

- 1 -Throw out all outdated toiletries, makeup, and hair accessories that haven't been used in six months. Also those that have been kept past their expiration dates.
- 2 -Go through all the underwear & sock drawers in the house. Toss all the socks with no matches, holes and worn out tights, bras and underwear!
- 3 -De-clutter your belt, scarf, purse collection. Sort them into to **Donate**, **Trash** or **sell** bins.
- 4 -Go through your bathroom cabinets getting rid of old/unwanted lotions, soaps, and old medicines.
- 5 -Dressers - go through each drawer. Anything you cant/don't wear anymore, relegate to a bin.
- 6 -Clear the surfaces of dressers & nightstands using the 3 bin sort.
- 7/8 -Closets - go through bedroom closets. Sort and bin.
- 9 -Closets - go through linen closets. Get rid of old or unused towels and sheets. put in appropriate bin.
- 10/11 -Closets -go through all remaining closets. In my home that includes a hall closets, craft closet, and a closet we keep luggage in.
- 12 -Your Car. Bring in the things that belong in the house, and then sort the rest into bins.
- 13 -Your Refrigerator. Toss out all the food that is expired or that no one is going to eat. The same with the Freezer.
- 14/15 -Your Pantry & food cabinets. Toss out everything that's expired, or that you don't want in the house anymore. Donate what you can, toss the rest.
- 16 -Your Kitchen Ware. Toss chipped glasses, sippy cups missing correct lids, pots & pans with nonstick too scratched up. Plastic containers without lids. Mismatched cutlery.
- 17-Your Kitchen appliances. What do you need to donate, trash or sell so it isn't taking up room anymore? What about specialty serving dishes or trays?
- 18 - Pick a junk drawer. Every house has some. Sort into bins what you really don't need.
- 19 - Surely I'm not the only house that has more than one junk drawer?
- 20 - Mail clutter. Establish a "to be paid" folder & "to be filed" later folder. Go through any paper or mail clutter and toss, shred, or file. Don't deal with the contents yet. Just sort.
- 21 - Go through the sort later folder from yesterday, file what needs to be filed. Put away documents that aren't in their homes. Pay bills and get rid of them.
- 22 - Kitchen Counter tops. Clear them using the bin method.
- 23 - Any other horizontal spaces in your house that are accumulating clutter. Go clear them. In my house, it's the window seat in the bedroom.
- 24 - Media. Sort through old CD's, DVD's, tapes, records, VHS, and video games. Bin them, if you don't use or want them. Only what you use.
- 25 - Toys. Sort and bin the ones that are broken, unused or your child has grown out of.
- 26 - Ask the kiddo to take a look at your toy sorting. Are there other toys they could part with that you left out? If they want to keep a toy you sorted to donate, could they trade it for something they were going to keep? Be sure you haven't sorted any special memory toys for trash/donate. Then get them out of the house!
- 27- **Flex day**. Do you need to make another pass on one of the above tasks to complete it? Do it today!
- 28 - Clear your old cell phone/home phone messages. Delete apps you dont use. Delete files on your desktop you dont need.
- 29 - Clear your email INBOX. Delete mail you dont need to keep. File what you do need. Get back to a zero inbox!
- 30 - **Celebrate!** Bring any remaining bags or boxes marked donate - to a collection center. Get trash ready for pick up. Marvel at the space you created in your house!

For additional details on each step visit... MilkandCuddles.com