

7 Days of Decluttering

for January 25th-31st

Ordinary & Happy

SUN	25	Set a 30-min timer and tidy the closet. Some ideas that could make a big difference include clearing the floor, folding things neatly, facing the hangers the same direction, putting all dirty clothes in the laundry hamper, and picking a couple items to donate.	<input type="checkbox"/>
MON	26	Set a 10-min timer and tidy the laundry room/area. Do a very quick reset. Wipe the surfaces in the laundry room/area, empty lint traps, and put away things where they belong.	<input type="checkbox"/>
TUE	27	Put 3 items back to where they belong. Some commonly misplaced items include jackets, shoes, socks, keys, bags, scarves, chargers, headphones, mugs, and mail. Do a quick 5-min sweep to find at least 3 items that you can return to where they belong.	<input type="checkbox"/>
WED	28	Choose one small surface to declutter. Small surfaces that are fairly quick to declutter include the nightstands, the coffee table, and the TV stand.	<input type="checkbox"/>
THU	29	Choose one shelf to declutter. Pick a single shelf in a bookcase, pantry, fridge, or closet. Take everything off that shelf and sort through into keep, relocate, and donate/toss. Wipe the shelf and return the items you're keeping.	<input type="checkbox"/>
FRI	30	Choose one category of items to declutter (e.g., mugs, books). Gather up all the items from that category and sort into keep or donate/toss.	<input type="checkbox"/>
SAT	31	Set a 20-min timer for a general tidy & declutter. Focus on high-impact ideas like clearing surfaces, returning items to where they belong, putting away other visible clutter. Some places that often have visible clutter on them include the coffee table, the kitchen counters, the entryway, and the bathroom counters.	<input type="checkbox"/>

If any day feels like too much, just do 10 minutes and be done for the day.