

7 Days of Decluttering (One Thing at a Time)

Ordinary & Happy

S A T	1 8	Toss expired items from the fridge. Toss leftovers older than 3-4 days. Check the expiration dates on condiments, dairy, and other items in the fridge. Wipe the shelves before rearranging everything left (with older items to the front to consume them first and newer at the back).	<input type="checkbox"/>
S U N	1 9	Toss anything questionable from the freezer. Toss items with heavy freezer burn (ice crystals and discoloration). Toss unlabeled items that you can't remember how long they have been in there. Make a list of remaining items and include them in the meal prep going forward.	<input type="checkbox"/>
M O N	2 0	Pick at least one item to declutter from the bathroom. There are so many options to pick from, including empty bottles and expired makeup. You could also combine half-empty duplicates and toss or recycle the empty bottles after combining them.	<input type="checkbox"/>
T U E	2 1	Declutter at least one item from the kitchen. You could dispose of any broken kitchen appliances or warped utensils. You could also go through your plates and mugs and find any chipped plates or cracked mugs to toss. Another option would be scratched nonstick pans and pots.	<input type="checkbox"/>
W E D	2 2	Declutter at least one item from the pantry. There are many options to choose from, including stale spices, expired canned goods, expired condiment jars, and other expired items.	<input type="checkbox"/>
T H U	2 3	Declutter at least one item from the closet. Start with worn-out clothes or clothes that don't fit anymore. Other things you could look at tossing or recycling include broken accessories, old socks, uncomfortable shoes, and other random knick-knacks in the closet.	<input type="checkbox"/>
F R I	2 4	Declutter at least one item from the living room. An easy win in the living room is generally the TV entertainment center, where you could find random old cables that you no longer need. Or look at the coffee table for old magazines or papers. And finally, you could look at your decor and see if there's anything you no longer want or need.	<input type="checkbox"/>