

Decluttering for June

WEEK 3: FUN CHALLENGES

SUN	1 4	<p>Pick a color and declutter items in the open in that color.</p> <p>Choose a color and look through the house for anything visible in that color. For each item, decide whether you want to 1) keep it, 2) relocate it, 3) donate it, or 4) recycle/toss it. The goal is to focus only on items that are out in the open rather than going through drawers and cabinets.</p>	<input type="checkbox"/>
MON	1 5	<p>Pick a number between 1 and 6 and find that many items to donate.</p> <p>Pick a number and challenge yourself to find that many items you can give away. If the number is too low and the challenge feels too easy, you can repeat it as many times as you like.</p>	<input type="checkbox"/>
TUE	1 6	<p>Pick a letter and declutter items in the open that start with that letter.</p> <p>Choose a letter and look around for visible items that start with that letter. For each one, decide whether to 1) keep it, 2) relocate it, 3) donate it, or 4) toss/recycle it. For example, if you pick the letter "B," look around for items like backpacks, books, boxes, blankets, bottles, baskets, and binders. For the letter "C," you can look for items like cables, chargers, cups, coats, and candles.</p>	<input type="checkbox"/>
WED	1 7	<p>Pick a room, set a 15-min timer, and declutter only during that time.</p> <p>Pick just one room and declutter only for 15 minutes. Focus on the big visible wins. For any room, you could focus on finding a couple items to donate or toss/recycle. In the living room, you could focus on clearing the coffee table and putting things away. In the kitchen, you could focus on putting away dishes and clearing the countertops.</p>	<input type="checkbox"/>
THU	1 8	<p>At whatever time you declutter, spend that many minutes to declutter (e.g., 5 min at 5 pm).</p> <p>Let the clock determine for how long you declutter. If you start at 5 pm, you can declutter for 5 minutes. If you start at 7:20 pm, you could decide whether to declutter for 7 minutes or for 20 minutes.</p>	<input type="checkbox"/>
FRI	1 9	<p>Find 3 items to toss, 3 items to donate, and 3 items to relocate.</p> <p>Find three items that are broken that you can toss, three items that you no longer need that you can donate, and three items that are in the wrong room/place that you can relocate.</p>	<input type="checkbox"/>
SAT	2 0	<p>Find a spot that would make for a great before-and-after photo and declutter it.</p> <p>Look for an area where you can make a visible difference with a small amount of effort. It could be a cluttered kitchen countertop, a chair with a pile of clothes/laundry on it, or a cluttered shelf. Take a photo before you begin and one after you're finished. Use the photo for motivation in the future.</p>	<input type="checkbox"/>