

Decluttering *for* October

Ordinary & Happy
O & H

The Clutter Culprits Week

SUN	4	Set a timer for 30 min and sort paperwork into 3 piles: shred, recycle, and organize. Look for paperwork to sort in your home office as well as other places it may be hiding, like the kitchen countertop, the car, and the mailbox. Shred anything personal you don't need. Recycle flyers, catalogs, and other papers like that. Organize files you need to keep and try to find a good organization system (e.g., labeled binders or boxes).	☐
MON	5	Go through your digital files and delete what you don't need for 30 minutes. Try to focus on the biggest wins here. Sort files by size and see if you can delete some bigger files that you don't need. If you don't have much to sort through on your laptop/desktop, you could go through the photos on your phone. Delete screenshots, blurry photos, duplicates, and other photos you don't need.	☐
TUE	6	Set a 30-min timer and declutter your toiletries. Start by tossing anything expired. Then, combine half-used duplicates and recycle the empty containers. If you have unopened toiletries that are good but you don't want, you could donate these.	☐
WED	7	Declutter cleaning supplies for 30 min. Gather all your cleaning supplies and group them by category (e.g., glass cleaners, bathroom cleaners, all-purpose sprays). See if you can consolidate any half-used bottles of the same exact product (don't consolidate different products/brands). Toss anything broken or worn-out. Organize the cleaning supplies in one readily accessible spot (or you could also keep room-specific products in that room e.g., bathroom spray in the under-the-sink bathroom storage).	☐
THU	8	Set a timer and declutter the kitchen utensils for 30 min. Start by tossing anything broken, warped, melted, heavily scratched, chipped, or rusted. Then, look at duplicates and see if you really need seven wooden spoons and a pile of mismatched measuring cups. Keep only what you want/need and donate anything in good condition and toss or recycle the rest.	☐
FRI	9	Sort cables and other electronic accessories into 3 piles: toss/recycle, donate, organize. The easiest win is to recycle any broken, frayed, or damaged cables and electronic accessories. Then, use cable organizers (bins, bags, boxes) to organize anything you want to keep. You could sort by type (e.g., USB-C, lighting, HDMI, power adapters). If you have lots of duplicates, consider whether to donate some.	☐
SAT	10	Declutter your linens (e.g., towels, bedding) for 30 min. If you have old towels and blankets, animal shelters will often happily take them. You can also keep just a couple of old towels as cleaning rags. Let go of anything stained, thin, pilled, scratchy, or torn. Organize the bedding, towels, and other linens by category and season.	☐