Declutter

30-DAY CHALLENGE

ONE SMALL AREA A DAY, TEN MINUTES EACH

KITCHEN

Duplicates: keep the one you reach for first.

1 ☐ The catch-all counter	2 ☐ The junk drawer	3 ☐ Containers and lids	4 ☐ The utensil drawer	5 ☐ Mugs and glasses	6 ☐ One pantry shelf

BATHROOMS

Medicines are not part of this challenge.

7 ☐ The bathroom counter	8 ☐ One bathroom drawer	9 ☐ Shower or bath shelf	10 ☐ Under the sink	11 ☐ Towels and washcloths	12 ☐ Spare toiletries

BEDROOMS

Clothes: sort one kind at a time.

13 ☐ The nightstand	14 ☐ The clothes chair	15 ☐ One dresser drawer	16 ☐ The closet floor	17 ☐ Under the bed	18 ☐ Bags and accessories

LIVING AND ENTRY

Paper: act on it, file it or recycle it.

19 ☐ The spot by the door	20 ☐ Coats and hooks	21 ☐ Coffee and side tables	22 ☐ Chargers and cables	23 ☐ One bookshelf	24 ☐ The paper pile

LAUNDRY, STORAGE AND OUTDOORS

Paint, batteries, chemicals: follow the label.

25 ☐ Laundry shelf, lost socks	26 ☐ One linen shelf	27 ☐ One storage bin	28 ☐ Gift wrap and decorations	29 ☐ One garage shelf	30 ☐ Outdoor toys and gear

PROGRESS

Shade a dot a day. At each bag, drop off the out-the-door bag.

Day 1 ○○○○○○ 🛍 ○○○○○○ 🛍 ○○○○○○ 🛍 ○○○○○○ 🛍 ○○○○○○ 🛍 ○○○○○○ *Day 30*

THE FOUR QUESTIONS

The first yes wins.

Used, and lives here?	*It stays*
Used, but lives elsewhere?	*Goes-home basket*
Would someone else use it?	*Out-the-door bag*
Broken or used up?	*Discard or recycle*
No yes at all?	*Maybe box*

HOW TO USE

Before day 1, set out two bags, a basket and a maybe box. Each day, empty one area, ask the four questions and put back only what stays. Missed a day? Do the next tile, never two.

STARTED _____ FINISHED _____

Put back only what stays.

ORDERLY WEEK

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Declutter

30-DAY CHALLENGE

THIRTY DAYS, ONE ROW A DAY, A DATE ON EACH

KITCHEN

DAY	AREA	DATE	DONE
1	The catch-all counter	/	☐
2	The junk drawer	/	☐
3	Containers and lids	/	☐
4	The utensil drawer	/	☐
5	Mugs and glasses	/	☐
6	One pantry shelf	/	☐

BATHROOMS

DAY	AREA	DATE	DONE
7	The bathroom counter	/	☐
8	One bathroom drawer	/	☐
9	Shower or bath shelf	/	☐
10	Under the sink	/	☐
11	Towels and washcloths	/	☐
12	Spare toiletries	/	☐

BEDROOMS

DAY	AREA	DATE	DONE
13	The nightstand	/	☐
14	The clothes chair	/	☐
15	One dresser drawer	/	☐
16	The closet floor	/	☐
17	Under the bed	/	☐
18	Bags and accessories	/	☐

LIVING AND ENTRY

DAY	AREA	DATE	DONE
19	The spot by the door	/	☐
20	Coats and hooks	/	☐
21	Coffee and side tables	/	☐
22	Chargers and cables	/	☐
23	One bookshelf	/	☐
24	The paper pile	/	☐

LAUNDRY, STORAGE AND OUTDOORS

DAY	AREA	DATE	DONE
25	Laundry shelf, lost socks	/	☐
26	One linen shelf	/	☐
27	One storage bin	/	☐
28	Gift wrap and decorations	/	☐
29	One garage shelf	/	☐
30	Outdoor toys and gear	/	☐

THE FOUR QUESTIONS

The first yes wins.

Used, and lives here?	*It stays*
Used, but lives elsewhere?	*Goes-home basket*
Would someone else use it?	*Out-the-door bag*
Broken or used up?	*Discard or recycle*
No yes at all?	*Maybe box*

Medicines are not part of this challenge. Paint, batteries, chemicals: follow the label.

HOW TO USE

Before day 1, set out two bags, a basket and a maybe box. Each day, empty one area, ask the four questions and put back only what stays. Missed a day? Do the next row, never two.

STARTED _____ FINISHED _____

Put back only what stays.

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ONE SMALL AREA A DAY, TEN MINUTES EACH

30-DAY *Declutter Challenge*

ten MINUTES EACH

DAY 1 ☐ The catch-all counter — KITCHEN	DAY 2 ☐ The junk drawer — KITCHEN	DAY 3 ☐ Containers and lids — KITCHEN	DAY 4 ☐ The utensil drawer — KITCHEN	DAY 5 ☐ Mugs and glasses — KITCHEN
DAY 6 ☐ One pantry shelf — KITCHEN	DAY 7 ☐ The bathroom counter — BATHROOMS	DAY 8 ☐ One bathroom drawer — BATHROOMS	DAY 9 ☐ Shower or bath shelf — BATHROOMS	DAY 10 ☐ Under the sink — BATHROOMS
DAY 11 ☐ Towels and washcloths — BATHROOMS	DAY 12 ☐ Spare toiletries — BATHROOMS	DAY 13 ☐ The nightstand — BEDROOMS	DAY 14 ☐ The clothes chair — BEDROOMS	DAY 15 ☐ One dresser drawer — BEDROOMS
DAY 16 ☐ The closet floor — BEDROOMS	DAY 17 ☐ Under the bed — BEDROOMS	DAY 18 ☐ Bags and accessories — BEDROOMS	DAY 19 ☐ The spot by the door — LIVING AND ENTRY	DAY 20 ☐ Coats and hooks — LIVING AND ENTRY
DAY 21 ☐ Coffee and side tables — LIVING AND ENTRY	DAY 22 ☐ Chargers and cables — LIVING AND ENTRY	DAY 23 ☐ One bookshelf — LIVING AND ENTRY	DAY 24 ☐ The paper pile — LIVING AND ENTRY	DAY 25 ☐ Laundry shelf, lost socks — LAUNDRY, STORAGE AND OUTDOORS
DAY 26 ☐ One linen shelf — LAUNDRY, STORAGE AND OUTDOORS	DAY 27 ☐ One storage bin — LAUNDRY, STORAGE AND OUTDOORS	DAY 28 ☐ Gift wrap and decorations — LAUNDRY, STORAGE AND OUTDOORS	DAY 29 ☐ One garage shelf — LAUNDRY, STORAGE AND OUTDOORS	DAY 30 ☐ Outdoor toys and gear — LAUNDRY, STORAGE AND OUTDOORS

Medicines are not part of this challenge. • *Paint, batteries, chemicals: follow the label.*

THE FOUR QUESTIONS *The first yes wins.*

- Used, and lives here? *It stays*
- Used, but lives elsewhere? *Goes-home basket*
- Would someone else use it? *Out-the-door bag*
- Broken or used up? *Discard or recycle*
- No yes at all? *Maybe box*

Put back only what stays.

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Declutter

30-DAY CHALLENGE

Put back only what stays.

30-Day Declutter Challenge • *The first yes wins.*

1 Kitchen

- [ ] 1 The catch-all counter
- [ ] 2 The junk drawer
- [ ] 3 Containers and lids
- [ ] 4 The utensil drawer
- [ ] 5 Mugs and glasses
- [ ] 6 One pantry shelf

2 Bathrooms

- [ ] 7 The bathroom counter
- [ ] 8 One bathroom drawer
- [ ] 9 Shower or bath shelf
- [ ] 10 Under the sink
- [ ] 11 Towels and washcloths
- [ ] 12 Spare toiletries

3 Bedrooms

- [ ] 13 The nightstand
- [ ] 14 The clothes chair
- [ ] 15 One dresser drawer
- [ ] 16 The closet floor
- [ ] 17 Under the bed
- [ ] 18 Bags and accessories

4 Living and entry

- [ ] 19 The spot by the door
- [ ] 20 Coats and hooks
- [ ] 21 Coffee and side tables
- [ ] 22 Chargers and cables
- [ ] 23 One bookshelf
- [ ] 24 The paper pile

5 Laundry, storage and outdoors

- [ ] 25 Laundry shelf, lost socks
- [ ] 26 One linen shelf
- [ ] 27 One storage bin
- [ ] 28 Gift wrap and decorations
- [ ] 29 One garage shelf
- [ ] 30 Outdoor toys and gear

THE FOUR QUESTIONS

The first yes wins.

Used, and lives here?	*It stays*
Used, but lives elsewhere?	*Goes-home basket*
Would someone else use it?	*Out-the-door bag*
Broken or used up?	*Discard or recycle*
No yes at all?	*Maybe box*

Medicines are not part of this challenge.
Paint, batteries, chemicals: follow the label.

HOW TO USE

Before day 1, set out two bags, a basket and a maybe box. Each day, empty one area, ask the four questions and put back only what stays. Missed a day? Do the next row, never two.

STARTED _____ FINISHED _____

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DECLUTTER
30-Day Challenge
Easy to Pick Back Up

KITCHEN

DAY	AREA	DATE	DONE
1	The catch-all counter	/	☐
2	The junk drawer	/	☐
3	Containers and lids	/	☐
4	The utensil drawer	/	☐
5	Mugs and glasses	/	☐
6	One pantry shelf	/	☐

BATHROOMS

DAY	AREA	DATE	DONE
7	The bathroom counter	/	☐
8	One bathroom drawer	/	☐
9	Shower or bath shelf	/	☐
10	Under the sink	/	☐
11	Towels and washcloths	/	☐
12	Spare toiletries	/	☐

BEDROOMS

DAY	AREA	DATE	DONE
13	The nightstand	/	☐
14	The clothes chair	/	☐
15	One dresser drawer	/	☐
16	The closet floor	/	☐
17	Under the bed	/	☐
18	Bags and accessories	/	☐

LIVING AND ENTRY

DAY	AREA	DATE	DONE
19	The spot by the door	/	☐
20	Coats and hooks	/	☐
21	Coffee and side tables	/	☐
22	Chargers and cables	/	☐
23	One bookshelf	/	☐
24	The paper pile	/	☐

LAUNDRY, STORAGE AND OUTDOORS

DAY	AREA	DATE	DONE
25	Laundry shelf, lost socks	/	☐
26	One linen shelf	/	☐
27	One storage bin	/	☐
28	Gift wrap and decorations	/	☐
29	One garage shelf	/	☐
30	Outdoor toys and gear	/	☐

THE FOUR QUESTIONS

The first yes wins.

Used, and lives here?	*It stays*
Used, but lives elsewhere?	*Goes-home basket*
Would someone else use it?	*Out-the-door bag*
Broken or used up?	*Discard or recycle*
No yes at all?	*Maybe box*

Medicines are not part of this challenge. Paint, batteries, chemicals: follow the label.

HOW TO USE

Before day 1, set out two bags, a basket and a maybe box. Each day, empty one area, ask the four questions and put back only what stays. Missed a day? Do the next row, never two.

STARTED _____ FINISHED _____

Put back only what stays.

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For Homes With a Junk Drawer

Declutter 30-Day

CHALLENGE

KITCHEN

DAY	AREA	DATE	DONE
1	The catch-all counter	/	☐
2	The junk drawer	/	☐
3	Containers and lids	/	☐
4	The utensil drawer	/	☐
5	Mugs and glasses	/	☐
6	One pantry shelf	/	☐

BATHROOMS

DAY	AREA	DATE	DONE
7	The bathroom counter	/	☐
8	One bathroom drawer	/	☐
9	Shower or bath shelf	/	☐
10	Under the sink	/	☐
11	Towels and washcloths	/	☐
12	Spare toiletries	/	☐

BEDROOMS

DAY	AREA	DATE	DONE
13	The nightstand	/	☐
14	The clothes chair	/	☐
15	One dresser drawer	/	☐
16	The closet floor	/	☐
17	Under the bed	/	☐
18	Bags and accessories	/	☐

LIVING AND ENTRY

DAY	AREA	DATE	DONE
19	The spot by the door	/	☐
20	Coats and hooks	/	☐
21	Coffee and side tables	/	☐
22	Chargers and cables	/	☐
23	One bookshelf	/	☐
24	The paper pile	/	☐

LAUNDRY, STORAGE AND OUTDOORS

DAY	AREA	DATE	DONE
25	Laundry shelf, lost socks	/	☐
26	One linen shelf	/	☐
27	One storage bin	/	☐
28	Gift wrap and decorations	/	☐
29	One garage shelf	/	☐
30	Outdoor toys and gear	/	☐

THE FOUR QUESTIONS

The first yes wins.

Used, and lives here?	*It stays*
Used, but lives elsewhere?	*Goes-home basket*
Would someone else use it?	*Out-the-door bag*
Broken or used up?	*Discard or recycle*
No yes at all?	*Maybe box*

Medicines are not part of this challenge. Paint, batteries, chemicals: follow the label.

HOW TO USE

Before day 1, set out two bags, a basket and a maybe box. Each day, empty one area, ask the four questions and put back only what stays. Missed a day? Do the next row, never two.

STARTED _____ FINISHED _____

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THIRTY DAYS, ONE ROW
A DAY, A DATE ON EACH

Declutter 30-Day Challenge



KITCHEN

DAY	AREA	DATE	DONE
1	The catch-all counter	/	☐
2	The junk drawer	/	☐
3	Containers and lids	/	☐
4	The utensil drawer	/	☐
5	Mugs and glasses	/	☐
6	One pantry shelf	/	☐

BATHROOMS

DAY	AREA	DATE	DONE
7	The bathroom counter	/	☐
8	One bathroom drawer	/	☐
9	Shower or bath shelf	/	☐
10	Under the sink	/	☐
11	Towels and washcloths	/	☐
12	Spare toiletries	/	☐

BEDROOMS

DAY	AREA	DATE	DONE
13	The nightstand	/	☐
14	The clothes chair	/	☐
15	One dresser drawer	/	☐
16	The closet floor	/	☐
17	Under the bed	/	☐
18	Bags and accessories	/	☐

LIVING AND ENTRY

DAY	AREA	DATE	DONE
19	The spot by the door	/	☐
20	Coats and hooks	/	☐
21	Coffee and side tables	/	☐
22	Chargers and cables	/	☐
23	One bookshelf	/	☐
24	The paper pile	/	☐

LAUNDRY, STORAGE AND OUTDOORS

DAY	AREA	DATE	DONE
25	Laundry shelf, lost socks	/	☐
26	One linen shelf	/	☐
27	One storage bin	/	☐
28	Gift wrap and decorations	/	☐
29	One garage shelf	/	☐
30	Outdoor toys and gear	/	☐

THE FOUR QUESTIONS

The first yes wins.

Used, and lives here?	*It stays*
Used, but lives elsewhere?	*Goes-home basket*
Would someone else use it?	*Out-the-door bag*
Broken or used up?	*Discard or recycle*
No yes at all?	*Maybe box*

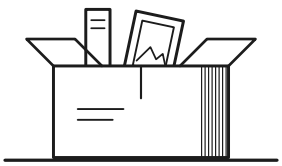
Medicines are not part of this challenge. Paint, batteries, chemicals: follow the label.

HOW TO USE

Before day 1, set out two bags, a basket and a maybe box. Each day, empty one area, ask the four questions and put back only what stays. Missed a day? Do the next row, never two.

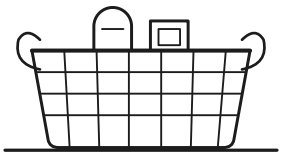
STARTED _____ FINISHED _____

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DECLUTTER

30-DAY CHALLENGE



Thirty days, one row a day, a date on each

KITCHEN

DAY	AREA	DATE	DONE
1	The catch-all counter	/	☐
2	The junk drawer	/	☐
3	Containers and lids	/	☐
4	The utensil drawer	/	☐
5	Mugs and glasses	/	☐
6	One pantry shelf	/	☐

BATHROOMS

DAY	AREA	DATE	DONE
7	The bathroom counter	/	☐
8	One bathroom drawer	/	☐
9	Shower or bath shelf	/	☐
10	Under the sink	/	☐
11	Towels and washcloths	/	☐
12	Spare toiletries	/	☐

BEDROOMS

DAY	AREA	DATE	DONE
13	The nightstand	/	☐
14	The clothes chair	/	☐
15	One dresser drawer	/	☐
16	The closet floor	/	☐
17	Under the bed	/	☐
18	Bags and accessories	/	☐

LIVING AND ENTRY

DAY	AREA	DATE	DONE
19	The spot by the door	/	☐
20	Coats and hooks	/	☐
21	Coffee and side tables	/	☐
22	Chargers and cables	/	☐
23	One bookshelf	/	☐
24	The paper pile	/	☐

LAUNDRY, STORAGE AND OUTDOORS

DAY	AREA	DATE	DONE
25	Laundry shelf, lost socks	/	☐
26	One linen shelf	/	☐
27	One storage bin	/	☐
28	Gift wrap and decorations	/	☐
29	One garage shelf	/	☐
30	Outdoor toys and gear	/	☐

THE FOUR QUESTIONS

The first yes wins.

Used, and lives here?	*It stays*
Used, but lives elsewhere?	*Goes-home basket*
Would someone else use it?	*Out-the-door bag*
Broken or used up?	*Discard or recycle*
No yes at all?	*Maybe box*

Medicines are not part of this challenge. Paint, batteries, chemicals: follow the label.

HOW TO USE

Before day 1, set out two bags, a basket and a maybe box. Each day, empty one area, ask the four questions and put back only what stays. Missed a day? Do the next row, never two.

STARTED _____ FINISHED _____

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Declutter

30-DAY CHALLENGE

★ ONE SMALL AREA A DAY, TEN MINUTES EACH ★

KITCHEN

Duplicates: keep the one you reach for first.

1 ☐ The catch-all counter	2 ☐ The junk drawer	3 ☐ Containers and lids	4 ☐ The utensil drawer	5 ☐ Mugs and glasses	6 ☐ One pantry shelf

BATHROOMS

Medicines are not part of this challenge.

7 ☐ The bathroom counter	8 ☐ One bathroom drawer	9 ☐ Shower or bath shelf	10 ☐ Under the sink	11 ☐ Towels and washcloths	12 ☐ Spare toiletries

BEDROOMS

Clothes: sort one kind at a time.

13 ☐ The nightstand	14 ☐ The clothes chair	15 ☐ One dresser drawer	16 ☐ The closet floor	17 ☐ Under the bed	18 ☐ Bags and accessories

LIVING AND ENTRY

Paper: act on it, file it or recycle it.

19 ☐ The spot by the door	20 ☐ Coats and hooks	21 ☐ Coffee and side tables	22 ☐ Chargers and cables	23 ☐ One bookshelf	24 ☐ The paper pile

LAUNDRY, STORAGE AND OUTDOORS

Paint, batteries, chemicals: follow the label.

25 ☐ Laundry shelf, lost socks	26 ☐ One linen shelf	27 ☐ One storage bin	28 ☐ Gift wrap and decorations	29 ☐ One garage shelf	30 ☐ Outdoor toys and gear

PROGRESS

Shade a dot a day. At each bag, drop off the out-the-door bag.

Day 1 ○○○○○○ 🛍 ○○○○○○ 🛍 ○○○○○○ 🛍 ○○○○○○ 🛍 ○○○○○○ 🛍 *Day 30*

THE FOUR QUESTIONS

The first yes wins.

Used, and lives here?	*It stays*
Used, but lives elsewhere?	*Goes-home basket*
Would someone else use it?	*Out-the-door bag*
Broken or used up?	*Discard or recycle*
No yes at all?	*Maybe box*

HOW TO USE

Before day 1, set out two bags, a basket and a maybe box. Each day, empty one area, ask the four questions and put back only what stays. Missed a day? Do the next tile, never two.

STARTED _____ FINISHED _____

Put back only what stays.

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30-DAY DECLUTTER

CHALLENGE

One Small Spot a Day

1 KITCHEN

- ○ **1** The catch-all counter
- ○ **2** The junk drawer
- ○ **3** Containers and lids
- ○ **4** The utensil drawer
- ○ **5** Mugs and glasses
- ○ **6** One pantry shelf



2 BATHROOMS

- ○ **7** The bathroom counter
- ○ **8** One bathroom drawer
- ○ **9** Shower or bath shelf
- ○ **10** Under the sink
- ○ **11** Towels and washcloths
- ○ **12** Spare toiletries



3 BEDROOMS

- ○ **13** The nightstand
- ○ **14** The clothes chair
- ○ **15** One dresser drawer
- ○ **16** The closet floor
- ○ **17** Under the bed
- ○ **18** Bags and accessories



4 LIVING AND ENTRY

- ○ **19** The spot by the door
- ○ **20** Coats and hooks
- ○ **21** Coffee and side tables
- ○ **22** Chargers and cables
- ○ **23** One bookshelf
- ○ **24** The paper pile



5 LAUNDRY, STORAGE AND OUTDOORS

- ○ **25** Laundry shelf, lost socks
- ○ **26** One linen shelf
- ○ **27** One storage bin
- ○ **28** Gift wrap and decorations
- ○ **29** One garage shelf
- ○ **30** Outdoor toys and gear



THE FOUR QUESTIONS

The first yes wins.

Used, and lives here?	*It stays*
Used, but lives elsewhere?	*Goes-home basket*
Would someone else use it?	*Out-the-door bag*
Broken or used up?	*Discard or recycle*
No yes at all?	*Maybe box*

Medicines are not part of this challenge.
Paint, batteries, chemicals: follow the label.

HOW TO USE

Before day 1, set out two bags, a basket and a maybe box. Each day, empty one area, ask the four questions and put back only what stays. Missed a day? Do the next row, never two.

STARTED _____ FINISHED _____

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Declutter 30-Day Challenge

Thirty days, one row a day, a date on each

KITCHEN

DAY	AREA	DATE	DONE
1	The catch-all counter	/	○
2	The junk drawer	/	○
3	Containers and lids	/	○
4	The utensil drawer	/	○
5	Mugs and glasses	/	○
6	One pantry shelf	/	○

BATHROOMS

DAY	AREA	DATE	DONE
7	The bathroom counter	/	○
8	One bathroom drawer	/	○
9	Shower or bath shelf	/	○
10	Under the sink	/	○
11	Towels and washcloths	/	○
12	Spare toiletries	/	○

BEDROOMS

DAY	AREA	DATE	DONE
13	The nightstand	/	○
14	The clothes chair	/	○
15	One dresser drawer	/	○
16	The closet floor	/	○
17	Under the bed	/	○
18	Bags and accessories	/	○

LIVING AND ENTRY

DAY	AREA	DATE	DONE
19	The spot by the door	/	○
20	Coats and hooks	/	○
21	Coffee and side tables	/	○
22	Chargers and cables	/	○
23	One bookshelf	/	○
24	The paper pile	/	○

LAUNDRY, STORAGE AND OUTDOORS

DAY	AREA	DATE	DONE
25	Laundry shelf, lost socks	/	○
26	One linen shelf	/	○
27	One storage bin	/	○
28	Gift wrap and decorations	/	○
29	One garage shelf	/	○
30	Outdoor toys and gear	/	○

THE FOUR QUESTIONS

The first yes wins.

Used, and lives here?	*It stays*
Used, but lives elsewhere?	*Goes-home basket*
Would someone else use it?	*Out-the-door bag*
Broken or used up?	*Discard or recycle*
No yes at all?	*Maybe box*

Medicines are not part of this challenge.
Paint, batteries, chemicals: follow the label.

HOW TO USE

Before day 1, set out two bags, a basket and a maybe box. Each day, empty one area, ask the four questions and put back only what stays. Missed a day? Do the next row, never two.

STARTED _____ **FINISHED** _____

Put back only what stays.

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DECLUTTER

30-DAY CHALLENGE

Thirty days, one row a day, a date on each



KITCHEN

DAY	AREA	DATE	DONE
1	The catch-all counter	/	○
2	The junk drawer	/	○
3	Containers and lids	/	○
4	The utensil drawer	/	○
5	Mugs and glasses	/	○
6	One pantry shelf	/	○

BATHROOMS

DAY	AREA	DATE	DONE
7	The bathroom counter	/	○
8	One bathroom drawer	/	○
9	Shower or bath shelf	/	○
10	Under the sink	/	○
11	Towels and washcloths	/	○
12	Spare toiletries	/	○

BEDROOMS

DAY	AREA	DATE	DONE
13	The nightstand	/	○
14	The clothes chair	/	○
15	One dresser drawer	/	○
16	The closet floor	/	○
17	Under the bed	/	○
18	Bags and accessories	/	○

LIVING AND ENTRY

DAY	AREA	DATE	DONE
19	The spot by the door	/	○
20	Coats and hooks	/	○
21	Coffee and side tables	/	○
22	Chargers and cables	/	○
23	One bookshelf	/	○
24	The paper pile	/	○

LAUNDRY, STORAGE AND OUTDOORS

DAY	AREA	DATE	DONE
25	Laundry shelf, lost socks	/	○
26	One linen shelf	/	○
27	One storage bin	/	○
28	Gift wrap and decorations	/	○
29	One garage shelf	/	○
30	Outdoor toys and gear	/	○

THE FOUR QUESTIONS

The first yes wins.

Used, and lives here?	*It stays*
Used, but lives elsewhere?	*Goes-home basket*
Would someone else use it?	*Out-the-door bag*
Broken or used up?	*Discard or recycle*
No yes at all?	*Maybe box*

Medicines are not part of this challenge.
Paint, batteries, chemicals: follow the label.

◆ HOW TO USE

Before day 1, set out two bags, a basket and a maybe box. Each day, empty one area, ask the four questions and put back only what stays. Missed a day? Do the next row, never two.

STARTED _____ FINISHED _____

Put back only what stays.

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5 Zones, 30 Spots to Clear

DECLUTTER

30-DAY CHALLENGE

KITCHEN

Duplicates: keep the one you reach for first.

1 ☐ The catch-all counter	2 ☐ The junk drawer	3 ☐ Containers and lids	4 ☐ The utensil drawer	5 ☐ Mugs and glasses	6 ☐ One pantry shelf

BATHROOMS

Medicines are not part of this challenge.

7 ☐ The bathroom counter	8 ☐ One bathroom drawer	9 ☐ Shower or bath shelf	10 ☐ Under the sink	11 ☐ Towels and washcloths	12 ☐ Spare toiletries

BEDROOMS

Clothes: sort one kind at a time.

13 ☐ The nightstand	14 ☐ The clothes chair	15 ☐ One dresser drawer	16 ☐ The closet floor	17 ☐ Under the bed	18 ☐ Bags and accessories

LIVING AND ENTRY

Paper: act on it, file it or recycle it.

19 ☐ The spot by the door	20 ☐ Coats and hooks	21 ☐ Coffee and side tables	22 ☐ Chargers and cables	23 ☐ One bookshelf	24 ☐ The paper pile

LAUNDRY, STORAGE AND OUTDOORS

Paint, batteries, chemicals: follow the label.

25 ☐ Laundry shelf, lost socks	26 ☐ One linen shelf	27 ☐ One storage bin	28 ☐ Gift wrap and decorations	29 ☐ One garage shelf	30 ☐ Outdoor toys and gear

PROGRESS

Shade a dot a day. At each bag, drop off the out-the-door bag.

Day 1 ○○○○○○ 🛍 ○○○○○○ 🛍 ○○○○○○ 🛍 ○○○○○○ 🛍 ○○○○○○ 🛍 *Day 30*

THE FOUR QUESTIONS

The first yes wins.

Used, and lives here?	*It stays*
Used, but lives elsewhere?	*Goes-home basket*
Would someone else use it?	*Out-the-door bag*
Broken or used up?	*Discard or recycle*
No yes at all?	*Maybe box*

HOW TO USE

Before day 1, set out two bags, a basket and a maybe box. Each day, empty one area, ask the four questions and put back only what stays. Missed a day? Do the next tile, never two.

STARTED _____ FINISHED _____

Put back only what stays.

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Declutter

30-DAY CHALLENGE

Thirty days, one row a day, a date on each

KITCHEN

DAY	AREA	DATE	DONE
1	The catch-all counter	/	☐
2	The junk drawer	/	☐
3	Containers and lids	/	☐
4	The utensil drawer	/	☐
5	Mugs and glasses	/	☐
6	One pantry shelf	/	☐

BATHROOMS

DAY	AREA	DATE	DONE
7	The bathroom counter	/	☐
8	One bathroom drawer	/	☐
9	Shower or bath shelf	/	☐
10	Under the sink	/	☐
11	Towels and washcloths	/	☐
12	Spare toiletries	/	☐

BEDROOMS

DAY	AREA	DATE	DONE
13	The nightstand	/	☐
14	The clothes chair	/	☐
15	One dresser drawer	/	☐
16	The closet floor	/	☐
17	Under the bed	/	☐
18	Bags and accessories	/	☐

LIVING AND ENTRY

DAY	AREA	DATE	DONE
19	The spot by the door	/	☐
20	Coats and hooks	/	☐
21	Coffee and side tables	/	☐
22	Chargers and cables	/	☐
23	One bookshelf	/	☐
24	The paper pile	/	☐

LAUNDRY, STORAGE AND OUTDOORS

DAY	AREA	DATE	DONE
25	Laundry shelf, lost socks	/	☐
26	One linen shelf	/	☐
27	One storage bin	/	☐
28	Gift wrap and decorations	/	☐
29	One garage shelf	/	☐
30	Outdoor toys and gear	/	☐

THE FOUR QUESTIONS

The first yes wins.

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Broken or used up?	*Discard or recycle*
No yes at all?	*Maybe box*

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◆ HOW TO USE

Before day 1, set out two bags, a basket and a maybe box. Each day, empty one area, ask the four questions and put back only what stays. Missed a day? Do the next row, never two.

STARTED _____ FINISHED _____

Put back only what stays.

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