

Declutter Your Life

30
day

DECLUTTER CHALLENGE
SIMPLIFY YOUR SPACE | CLEAR YOUR MIND

IN PARTNERSHIP WITH WWW.TRISHASHEFFIELD.COM

30 day

DECLUTTER CHALLENGE

Simplify Your Space; Clear Your Mind

For each day this month, spend 10-20 minutes completing the daily declutter task. Daily reminders will be posted on social media, so be sure to follow us there! But if not, this handy dandy checklist will keep you on track. Once you've completed the task, tick the relevant day's checkbox. The details for each day's tasks can be found on the following pages. Now, let's lose the clutter!

Day 1	<input type="checkbox"/>	Day 11	<input type="checkbox"/>	Day 21	<input type="checkbox"/>
Day 2	<input type="checkbox"/>	Day 12	<input type="checkbox"/>	Day 22	<input type="checkbox"/>
Day 3	<input type="checkbox"/>	Day 13	<input type="checkbox"/>	Day 23	<input type="checkbox"/>
Day 4	<input type="checkbox"/>	Day 14	<input type="checkbox"/>	Day 24	<input type="checkbox"/>
Day 5	<input type="checkbox"/>	Day 15	<input type="checkbox"/>	Day 25	<input type="checkbox"/>
Day 6	<input type="checkbox"/>	Day 16	<input type="checkbox"/>	Day 26	<input type="checkbox"/>
Day 7	<input type="checkbox"/>	Day 17	<input type="checkbox"/>	Day 27	<input type="checkbox"/>
Day 8	<input type="checkbox"/>	Day 18	<input type="checkbox"/>	Day 28	<input type="checkbox"/>
Day 9	<input type="checkbox"/>	Day 19	<input type="checkbox"/>	Day 29	<input type="checkbox"/>
Day 10	<input type="checkbox"/>	Day 20	<input type="checkbox"/>	Day 30	<input type="checkbox"/>

30 DAY DECLUTTER CHALLENGE

For each day this month, spend 10-20 minutes completing the daily declutter task. Daily reminders will be posted on social media, so be sure to follow us there! But if not, this handy dandy checklist will keep you on track. Once you've completed the task, tick the relevant day's checkbox on page 2.

DAY 1: PURSE OR WALLET

Let's start simple! Ladies, clean out your purse; guys, your wallets! I'm sure there are receipts that need to be expensed, things shoved in there from the holidays...who knows what's at the bottom! To be able to find your keys without searching is your goal! Once it's all clean, make a list or a copy of your credit cards. Create a file and put it somewhere safe. If your purse/wallet is lost or stolen, you will know exactly what was in it!

DAY 2: JUNK DRAWER

Ah, the dreaded junk drawer! Everyone has one (maybe more than one) and every time you open it, you cringe. Somehow it turns into a black hole! Take **15 minutes**, dump it and start over! You don't have to get rid of it—everyone needs one—just keep it organized! I use a kitchen utensil holder to keep mine organized. Imagine how nice it will be to open it and find what you are looking for! Good luck; imagine what you might find today!

DAY 3: FREEZER

Winter is finally over, but we can't forget the deep freeze. Today we are going to clean out and organize your freezer! Take **15-20 minutes** and sort through, throw out and make sense of your freezer. I have found things in there I don't even remember purchasing! You may stop buying things you already have! Have fun...stay warm!

DAY 4: YOUR CAR

Let's tackle your car today! It is time to clean out and organize your car console! Any idea what is in there? Clean it out. Keep what's important, and find a way to make sure it stays tidy! If you spend a great deal of time in your car, consider putting a small desk organizer in yours to keep everything in place.

DAY 5: MEDICINE CABINET

It's time to check expiration dates and re-stock for springtime allergies! Make a list of what you need to replace. Be sure to dispose of your medications safely. Check locally for schools, churches, hospitals, etc., that host disposal events. There is nothing worse than having to run to the pharmacy when you don't feel like it! Planning now will save you a headache in the future!

DAY 6: TIP OF THE WEEK

One of the best tools to staying organized is a shredder! Shredding makes me happy. It's fun and helps prevent clutter. Today your mission is to find that "PILE." You know you have one; everyone has one! It could be mail, old bills, magazines, just about anything! Sit down and go through it, then sort, file, shred, trash. Your goal today is to make that "PILE" go away! Now you won't have to *sigh* every time you look at it and wonder what's really in it! Shred away.

DAY 7: BACKPACKS

Backpacks. Love them, but what's really in them? Are you afraid to reach down into your child's school backpack; can you imagine what's living in the bottom of that sports bag, or even still, what long lost essential item is buried at the bottom of your work backpack. DUMP IT! Warning: there may be a science experiment living in some, lost homework in others, or AirPods you swore you looked for in there. Take it all out, dump out the turf or crumbs, and only put back what should live in there.

DAY 8: TOOLS

Any successful project starts with the right tools. How does your toolbox look? Scary? A secret to a happy marriage is having your own toolbox, but you only need the necessities. It should not become a dumping ground. How many packages of picture hooks or Command™ hooks do you have because you can't find any when you need them? I have a small tackle organizer that holds all the little pieces and is easy to find: no more rummaging, extra trips to the store, or project delays. Start your projects organized, efficient, and ready to tackle!

DAY 9: CLOSET

Don't be scared. This is not intended to be a one-day project. Instead, this will be a multi-day challenge, and we are going to tackle the closet One. Day. At. A. Time! The first step for today is to take 10-15 minutes—it might be longer for some—and go through your shoes, belts, and purses. Decide what needs to stay and what needs to go! Consider a shoe organizer. It saves space and will keep your closet looking tidy. I have one on the top shelf of my closet. I have a step stool to get to shoes not frequently worn, which helps keep the floor of the closet clutter-free! The first step is the hardest, but once you're done, you will love your closet again!

DAY 10: CLOSET CONT'D...

I know it's not fun, but you need to return to your closet and clean out all bottoms: pants, skirts, shorts, and dresses. Once you've decided what stays and what goes, be sure to rehang properly and consider putting them in some sort of order that works for you. It could be by color, casual vs. work, etc. After today, you will be able to see the light at the end of the closet! Good luck!

DAY 11: CLOSET CONT'D....

Let's finish this closet! We are down to tops, shirts, sweaters, etc. Keep it up. You are doing great, and the finish line is in sight! If you can keep that closet floor tidy, it will make a huge difference! You can do it!

DAY 12: TUPPERWARE

You've been busy, so let's reward your efforts with a simple task to declutter the Tupperware. Only keep what has a matching lid, and only keep what you actually use! This is a quick challenge today, so you'll have time to check back with your closet and see how fabulous it looks! Amawsome job! Keep up the great work! Isn't it fun? Do you LOVE organizing yet?

DAY 13: TIP OF THE WEEK

You've worked so hard, so today simply includes an organizational tip that makes my life so much easier! It's a personalized grocery list. I created a personalized grocery list spreadsheet, keep several copies in a magnetic folder on the fridge and clip it on the front for all to add to! All family members have to do is circle what's needed. If you are like me and buy the same thing over and over, it comes in handy! It's also great when sending someone else to the store, like that new driver in the house or a child home from college! With this list, they know exactly what to buy! Alexa and Google can accomplish the same thing, but if that's not your jam, then this will do the trick. Just a little tip to make life a little easier!

DAY 14: KITCHEN SPICES

Over the next couple of days, we will tackle the clutter of the most used room in the house...the kitchen. Today, we'll start with the spices! Just like the medicine cabinet, check expiration dates and sort through what needs to go. Be sure to have your new personalized grocery list (electronic or physical) close by to write down what needs replacing. If your spices get out of control, consider putting them in a drawer, and if you want to get crazy, alphabetize them! It makes it much easier to find what you need and will prevent repeat purchases. Let's spice up your day!

DAY 15: KITCHEN DRAWERS

Over time, kitchen drawers become a mess, so it's time to dump, sort, organize and refill. Make sense of what is in each drawer. If you don't use the utensils, towels, etc., that are stuffed in there, then remove them. Consider smaller organizers or containers to keep similar items together (baking, etc.). I can't wait to see happy drawers!

DAY 16: REFRIGERATOR

Today will be one of those chores you may not love, but you will be so happy when it's done. Let's clean out the refrigerator! It can get scary way, way in the back! Clean it out; toss the old; make room for the fresh. I am sure you'll find some expired things in there! Your personalized grocery list should be nearby. And don't forget, one design does not fit all. Move your shelves around to make your fridge work for you. Happy Fridge, Happy Family!

DAY 17: HALL CLOSET

Here in Dallas, we MIGHT be seeing the end of winter, so it's time to pull everything out of the front hall closet and decide: Does it belong there? Do we still use it? Does it fit? What on earth is that? Consider donating coats you no longer wear to those who need them. If your hall closet has become a dumping ground, but not in an orderly way, consider cubes with containers under your coats to get the most use out of the space. It's going to be a great day when you open that closet door and find what you need in record time. Good luck!

DAY 18: PANTRY

Let's finish the kitchen and go through your pantry. Check those expiration dates and keep your grocery list handy! Make sense of your pantry. If you are fortunate to have ample storage space, make sure it is tidy, organized, and stays that way. The pantry can turn into a black hole very quickly! A clutter-free pantry will prevent duplicate purchases and alert you when you are out of an item. How many empty boxes are sitting on your shelves? Nothing drives me crazier!

DAY 19: LOOSE CHANGE

You have worked hard, so here's an easy task. Let's get a handle on the loose change that is all over your house. If you find it in random spots around your home, get control of it. Designate one container in a specific place for change, and watch it fill up! Repurpose something to contain it, but make sure it is accessible and everyone knows where it is. We save change all year and turn it in over Spring Break to fund a fun day! If you look in your drawers, laundry room, bathroom, etc., you will be amazed at how much change is floating around. Let's make some Benjamins today!

DAY 20: TIP OF THE WEEK

Today's tip is about helping others help themselves. Do you ever feel like a broken record repeating comments like this: Did you call the____? Did you email your____? Did you pick up____? Did you order your____? There is only so much space in my brain. It is hard enough to remember what I am supposed to be doing, much less remind everyone else what they are supposed to be doing. So everyone gets their own "To Do" list. When my kids were in school, my favorite organizational tool was their chalkboard placemats. Every morning anything anyone needed a reminder for was right there to see before heading out. It allowed me more space in my head and removed the "you never told me that" from our conversations. My husband had a chalkboard, too...he still does! :)

DAY 21: LINEN CLOSET

Why does it always start out looking fabulous and end up looking like a tornado struck? Pull it all out and refold. If you take the time to fold a fitted sheet correctly, you will be amazed at how nice it will look! Consider grouping sheet sets by room—if you don't already or perhaps have limited storage space—and place flat/fitted sheets inside the coordinating pillowcase. Happy folding!

DAY 22: LAUNDRY ROOM

Find your laundry room's purpose and make it work! For some, it's an extra pantry; for others, it's a folding station, and for some, it's where you put everything you don't know what to do with! Decide and make it work to its best potential. Whether your laundry room is large or small, you can create exactly what you need with the right plan. Pull everything out and categorize items so that you know what and where things are. A fabulous laundry room makes dirty laundry fun! Ok, fun might be stretching it a bit, but you get the point.

DAY 23: SPREAD THE LOVE

It's time to teach your loved ones the art of organizing! An organized home is a happy home, and this weekend, we will get the entire family involved. They might come kicking and screaming, but you can assure them they will be better for it! You already tackled your closet (or your side of the closet), now it's time to tackle either "his" side of the master, one of the kid's closets, or a closet that just needs some love! Disclaimer: I will take one for the team, so feel free to blame me when they ask, "Why!"

DAY 24: GAMES

We are going to keep the family working today! Let's go through all the board games, video games, and movies (if you still have those!) and keep what you play/watch and pull out what is covered in dust! Recycle games/movies that your family has outgrown by selling back, donating, or passing down to younger friends/relatives. Your family fun time will now be clutter-free!

DAY 25: THE ONE THING

We are in the home stretch! Let's finish this challenge with satisfaction! Today, I promise, will be that last chore you really don't want to do. The rest of the week is fun stuff. But for today, let's tackle that ONE THING...that ONE CHORE...that ONE UUUGGGG! It could be the ironing pile, polishing silver, the mending pile, organizing financial papers, etc. Whatever it needs to be, you pick, but it's that one horrible chore you can't stand that just gets pushed aside "until you have time." Today is that day! Imagine how great it will be when IT'S DONE! If you need help, recruit the family. It will go faster, well, maybe. Let's do this!

DAY 26: JEWELRY

We are going on a treasure hunt. This could take 5 minutes, 5 hours, or 5 days! It really depends on you and your collection. However, it's time to get a handle on your jewelry! Is it all shoved in a drawer, and you have no idea what's in there or can't find that one piece as you are racing out the door? Sort through, recycle what you don't wear, and put it back in such a way that you can see what you have and get to it quickly. No more digging! There are cute, creative ways to organize jewelry. Find what works for you and your jewels. Who knows, you might find hidden treasures today!

DAY 27: TIP OF THE WEEK

Have you ever been asked, "Hey, what's the username/password for____?" How on earth am I supposed to know what they chose? My favorite home computer password keeper is the good old Rolodex! Yes, it may seem antiquated. I know there are numerous "electronic" ways to store your passwords, but I have always thought, What if my phone/computer were to crash or What if I'm not home and they need the information? Sometimes pen and paper are the way to go! It stays at my desk, and everyone knows that when they create a new password for school, streaming apps, airline rewards, toll tag, insurance, etc., they need to add it to the list. An oldie but a goodie!

DAY 28: GIFT WRAP

Do you search for the scissors, tape, tissue, and gift wrap every time there's an event? Make it easy on yourself. Find a place—it can be an elaborate gift wrap station or a small, simple drawer—but get it all together. The goal of being organized is to save time. If you have hit the "gift card era" of gift-giving, consider stocking up on small gift bags/coordinating tissue/gift tags so that it's a no-brainer when you are told at the last minute you need a gift! Grab and go!

DAY 29: SUMMER DREAMING

I know it's hard to believe, but summer is right around the corner. Let's get a jump start! Pull out the pool/beach bag and check your sunscreen, goggles, towels, etc. Bathing suits have hit the stores, so don't delay, or they will be gone before you know it! For those of us in the south, the first day of gorgeous weather will hit before you know it, and instead of panic, you will be ready to roll. If you live farther north, you might have to wait a tad bit longer, but it's coming! Here's to sunny days ahead!

DAY 30: YOU ARE CLUTTER FREE!

Hope you had as much fun as I did during the 30 Day Declutter Challenge. In the immortal words of Mary Poppins, "In every job that must be done, there is an element of fun. You find the fun, and SNAP—the job's a game!" Make organizing fun, and it no longer becomes a chore.

My final challenge is for you to march into the garage and make a plan. Take the next 30 days and create your own challenge! Just imagine coming home, and as the garage door lifts, you can take a minute and smile at a job well done. My hope in sharing this 30 Day Declutter Challenge is to show that everyone can be organized. It just takes a little time, effort, and a well-crafted plan!



GOOD LUCK!

Follow along on social media for the daily declutter task. We'd also love to see photos of your progress. Post your photos or stories on Instagram using the hashtag #30daydeclutter and tag us.

Marian Paulette

FACEBOOK: MYCLUTTERCOORDINATOR
INSTAGRAM: MY_CLUTTER_COORDINATOR

IN PARTNERSHIP WITH
WWW.TRISHASHEFFIELD.COM
WHERE YOU CAN LEARN AND READ MORE!