



# DECLUTTER YOUR HOUSE

## 30-day challenge

Day 1

Watch Week 1 video and then find 2 boxes (or bags) for items to donate and items to throw away. (BONUS: Find 10 items in your home to donate or throw away.)

Day 2

Find a place to donate your stuff & clean out a messy drawer in your home (junk drawer, bathroom, kitchen etc)

Day 3

Start working on your bedroom closet and donate any clothes, accessories or shoes you don't wear, need, or absolutely love.

Day 4

Finish going through your bedroom closet. Be sure and get rid of clothes that don't fit. They just make you feel bad and should your body change, you'll want new clothes anyways!

Day 5

In your bedroom, declutter your dresser or nightstand drawers. If it's a big job, just do one drawer.

Day 6

Go through your bathroom cupboard (or drawers) and remove everything. Wipe down surfaces and make sure you only put back items you use and need! Have a trash bag handy to throw away what you don't use/need/love.

Day 7

Catch up on anything you missed this week or find 10 items in your home to throw away or donate.

### HOW DID YOU DO THIS WEEK?