



# DECLUTTER YOUR HOUSE

## 30-day challenge

- Day 8* Fold any clean laundry waiting to be folded and then put it away. Bonus: Gets your kids to help you out.
- Day 9* Go through your fridge and get rid of spoiled & expired foods. Also chuck those random condiments and soy sauce packets etc.. Bonus task: wipe down surfaces in the fridge!
- Day 10* Clean and reorganize a cupboard or drawer in your kitchen. Take everything out, get rid of the junk (trash & donate), wipe clean, and reorganize.
- Day 11* Clean off all the surfaces in your kitchen (counters, top of fridge etc). Make sure everything has a home.
- Day 12* Go through pantry and get rid of expired foods and foods you will never use. Reorganize your items and wipe down surfaces.
- Day 13* Organize that area of your house that always accumulates junk. Be liberal with the trash can.
- Day 14* 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?