

30 Day De-clutter Challenge

For anyone with stuff everywhere, this one gives a proper sense of achievement.

DAY 1 ☐ One drawer, keep, donate, bin	DAY 2 ☐ Your wardrobe: anything unworn in a year?	DAY 3 ☐ Your bathroom cabinet: check expiry dates	DAY 4 ☐ Digital clutter: delete old photos and screenshots	DAY 5 ☐ Your email inbox: unsubscribe from 5 lists
DAY 6 ☐ Kids' toys, anything outgrown or broken?	DAY 7 ☐ Your bookshelf: books you'll never re-read	DAY 8 ☐ Kitchen cupboards: duplicate or unused gadgets	DAY 9 ☐ Your phone home screen: delete unused apps	DAY 10 ☐ Under the bed
DAY 11 ☐ Your handbag or everyday bag	DAY 12 ☐ Paperwork: shred or file what's piling up	DAY 13 ☐ Old chargers and cables	DAY 14 ☐ Your sock drawer	DAY 15 ☐ The car, glovebox and boot
DAY 16 ☐ Kids' artwork: keep the best, photograph the rest	DAY 17 ☐ Your makeup bag: bin anything past its best	DAY 18 ☐ Subscriptions: cancel anything you don't use	DAY 19 ☐ The junk drawer	DAY 20 ☐ Old birthday cards and gift bags
DAY 21 ☐ Your shoe collection	DAY 22 ☐ The medicine cabinet	DAY 23 ☐ Spare bedding and towels	DAY 24 ☐ Kids' clothes that no longer fit	DAY 25 ☐ Your desk or workspace
DAY 26 ☐ Old technology, dead cables, old phones	DAY 27 ☐ Coats and jackets you no longer wear	DAY 28 ☐ The freezer, anything past its date	DAY 29 ☐ One sentimental box: keep only what truly matters	DAY 30 ☐ Step back: how does the decluttered space feel?

Started on: _____ Tick off each day as you go · more free challenges at arloriverrex.com/30-day-challenges