

# 30 DAY DECLUTTER *Challenge*

ONLY 5 MINUTES & 5 ITEMS PER DAY



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# 30 DAY DECLUTTER Challenge

WHY YOU NEED TO SHOW UP EVERY SINGLE DAY

## 5 Minutes Matters

### Consistency is the Secret

The goal of this challenge is both to drastically declutter your home AND to train your brain to enjoy the decluttering process.

Learning to be a clutter-free and organized person isn't hard, but it does require practice and dedication. That's why I've designed this program to be just 5 minutes a day.

You can do ANYTHING for only 5 minutes, but the magic happens when you commit to showing up for yourself every single day for 30 days straight.

### How to get started

1. Pick a time of day that you are always home and usually not exhausted. It's important to know your natural energy levels and schedule your declutter sessions when you usually feel the most motivated. **Set a daily alarm as a reminder at the same time each day.**
2. Make sure you have black trash bags and a few boxes for donations on hand and ready to go. **No excuses my friend.**
3. Watch the daily videos for extra motivation from body-doubling. **Sometimes doing a hard task along side someone else is enough to get you up and get you started.**



**TAKE PHOTOS AND POST THEM USING #CLUTTERBUGDECLUTTER**



# 30 DAY DECLUTTER

## challenge



SPEND JUST 5 MINUTES A DAY FINDING 5 ITEMS TO LEAVE YOUR HOME.

1

### FRONT ENTRY & COAT CLOSET

Donate any items no longer in use, find shoes, coats and accessories to go.

2

### KITCHEN COUNTERS & SURFACES

It's time to take action on this hot spot! Be ruthless and toss things out.

3

### KITCHEN FRIDGE

Get rid of old leftovers, expired salad dressings, condiments and sauces.

4

### KITCHEN PANTRY

Donate food you don't eat to the food bank. Toss stale chips, crackers and cookies too.

5

### CLEANING SUPPLIES

Don't keep cleaning supplies you never use, they just take up space.

6

### BEDROOM CLOSET

Remove any clothing that doesn't fit you or make you feel good about yourself.

7

### UNDERWEAR/ SOCK DRAWER

Toss unmatched or torn socks and underwear that you wouldn't want to be caught dead in.

8

### PURSE & BOOKBAGS

Empty out all the trash and donate the ones you never use.

9

### DRESSER DRAWERS

Open your drawers and find old shirts, pants or workout gear you never wear.

10

### BEDSIDE TABLES

Clear off top and sort through drawers keep only what's needed.

11

### MEDICINE & FIRST AID

Get rid of expired medication and let go of things you don't use.

12

### FACE CREAMS & MAKE-UP

Toss old, expired, products that make you break-out or just aren't you.

13

### BATHROOM CABINETS

Go through all products, only keep what you really use.

14

### HAIR TOOLS & JEWELRY

Go through all objects, get rid of any you no longer use.

15

### LINEN CLOSET

Donate any linens you no longer use that are still good.

16

### JUNK DRAWER

Get rid of everything not needed, toss trash and relocate items.

17

### FOOD STORAGE

Toss any that don't have matching lids or bottoms. Let go of unused ones.

18

### KITCHEN GADGETS

If a gadget only does ONE THING, you probably don't need it.

19

### SERVING & BAKING DISHES

It's time to let go of useless fancy dishes you never use.

20

### KITCHEN CABINETS

Say good-bye to the stuff you haven't used in the last 12 months.

21

### OFFICE & DESK

Toss dried out pens and shred old papers you don't need to keep.

22

### CRAFT SPACE

Donate unused items to schools, daycares or nursing homes.

23

### BASEMENT OR ATTIC

Don't keep junk! Good-bye random clutter and boxes you haven't opened in years.

24

### GARAGE OR SHED

Go through and toss any items you no longer need or will use.

25

### AUTOMOBILE

Go through and toss all garbage and take out items that belong in the house.

26

### PAPERWORK & JUNK MAIL

Let's say "no" to paper piles today! Just start shredding and recycling!

27

### KIDS CLOTHING & BEDROOMS

Donate clothing and toys that your children have outgrown.

28

### KIDS TOYS & GAMES

Games, puzzles and even video games that are never used can go.

29

### BOOKS & KNICK KNACKS

If you don't love it, you don't need to keep it. Less is more.

30

### PILES & HOT SPOTS

Take 5 minutes to declutter the piles that have collected in your home.

# DECLUTTER

## idea list

### LIVING ROOM

- Old magazines
- Old newspapers
- Worn-out throw pillows
- Old blankets that you no longer want
- Seasonal decor items
- Decor items that no longer match your home décor
- Coasters that you don't use
- Remotes for electronics that you no longer use
- Kids' toys or other items that don't belong in the living room
- VHS tapes
- CDs and cassette tapes
- Old books
- Worn-out pet toys
- Candles that are almost completely burned down
- Random knick-knacks that just collect dust

### BATHROOM

- Expired medications
- Worn-out towels/ washcloths
- Toiletry items that you haven't used in 6 months
- Makeup you no longer wear
- Old hairbrush/comb/hair ties
- Old magazines
- Old toothbrushes
- Sample size beauty products
- Mini toiletries from hotels
- Empty toiletry bottles
- Expired beauty products
- Beauty tools that you haven't used in past year
- Old bath toys
- Disintegrated soap bars
- Old, dried-out air fresheners
- Old Shower poofs
- Old razors

### LAUNDRY/KIDS

- Cleaning supplies that you no longer use
- Extra cleaning rags
- Old product boxes/manuals
- Dead batteries
- Toys that kids have outgrown
- Markers/crayons that are broken or no longer work
- Art supplies/coloring books that are used up
- Games/puzzles missing pieces
- Kids' old stuffed animals
- Old dress-up clothes

*You deserve a clutter-free home*

### BEDROOMS

- Random knick-knacks that just collect dust
- Remote controls for items you no longer own
- Dead batteries
- Random paper clutter
- Worn-out throw pillows
- Sheets or blankets that are in poor condition
- Jewelry, accessories, shoes that you haven't worn in the last year
- Bras that are worn-out
- Pantyhose/socks with holes
- Worn-out underwear
- Old t-shirts
- Old pajamas
- Old bathing suits
- Old tote bags, such as "Free with purchase" gift bags
- Empty boxes
- Hats you no longer wear
- Winter hats, gloves, or scarves that you didn't wear last winter
- Clothes that haven't been worn in the last year
- Clothing and shoes that no longer fit
- Damaged or stained clothing
- Purses you no longer use
- Luggage you no longer use
- Old prescription eyeglasses
- Games and puzzles that are missing pieces
- Candles that are almost completely burned down

### OFFICE

- Receipts you no longer need
- Expired coupons
- Pens and markers that are dried out
- Instruction manuals (these are typically available online)
- Warranty information for products you no longer own
- Insurance policy documents for expired policies
- Phone books
- Tax and financial documents that are more than 7 years old
- Random craft supplies that you are not likely to use soon
- Wrapping paper scraps
- Empty ink cartridges
- Outdated software
- Computer items you no longer use (keyboards, mouse, etc)
- Old power cords and chargers
- Outdated text books

### OTHER

- Gifts you don't like
- Items that remind you of sad times
- Broken items you haven't fixed
- Projects you started but didn't finish

### KITCHEN

- Plastic food storage items (Tupperware) that are missing lids
- Individual condiments from restaurants
- Take-out silverware
- Expired pantry items
- Expired refrigerator items
- Plastic souvenir cups
- Extra coffee mugs
- Serving dishes that you haven't used in the last year
- "Junk" from your junk drawer
- Food that you will not eat
- Paper recipe clippings
- Coupons that you won't use
- Papers stuck on the front of your refrigerator that you don't need
- Advertisement magnets
- Rarely-used kitchen utensils that you have multiples of
- Old kids' cups
- Seasonal paper goods (plates, napkins, cups) that you won't use
- Pots, pans, and utensils that are in poor condition
- Plastic disposable medicine cups
- Damaged water bottles
- Extra plastic shopping bags
- Old dish sponges
- Vases that you never use
- Empty glass jars
- Pet treats or food that pets don't like
- Spices/sauces/condiments that you are not likely to use

### GARAGE

- Old lumber scraps
- Old sports equipment that is in poor condition
- Tools that do not work or are missing pieces
- Holiday decor that is broken or that you did not use within the last year
- Toys and bikes that your kids have outgrown
- Trash
- Old, dried-out paint/paint cans
- Expired chemicals (grass seeds, fertilizer, etc)
- Tools that you have multiples of (rakes, garden shears, shovels, etc.)

### MUDROOM/ENTRYWAY

- Old coats/scarves/winter gear that you no longer wear
- Old keys and keychains
- Old purses that you no longer use
- Worn-out or stained rugs
- Paper and mail clutter
- Pet toys/leashes that you no longer use
- Old or damaged umbrellas or rain gear you no longer use

*Be ruthless and get stuff out*

# I GIVE YOU PERMISSION TO SUCK

*perfection is over-rated*

THE HARDEST PART OF THE DECLUTTERING PROCESS IS THE FEAR AND SHAME OF MAKING A MISTAKE OR DOING IT WRONG.

I'M GIVING YOU PERMISSION TO RUTHLESSLY AND UNAPOLOGETICALLY THROW THINGS OUT. GOOD THINGS, EXPENSIVE THINGS AND EVEN SPECIAL THINGS.

IF YOU DON'T WANT ITEMS IN YOUR HOME, IT'S OK TO PUT THEM IN A TRASH BAG TODAY.



## TRASH IT

Sometimes we don't have the time, energy or mental capacity to ensure every item we are letting go of isn't wasted or is disposed of perfectly. The good news is, your old stuff isn't a cat and you don't need to find it a good home. Just throw it in the garbage and move on with your life.

## DONATE IT

You don't need to donate every item to the perfect spot. Decluttering shouldn't be a part-time job, it's supposed to make life easier. If you want to donate stuff, pick ONE charity and drop everything off there. Trust that the right person will find and love your items without you having to control the entire process.



## RELOCATE IT

If you are feeling overwhelmed and can't let go of something (even if you are pretty sure you don't want it), it's ok to pack those items up and relocate them into storage TEMPORARILY. Make sure you write the date on the box and promise yourself that in six months you will let the items go then.



## FEELING MOTIVATED? LET'S ORGANIZE YOUR HOME TOO!

Are you ready to take your home to the next level?  
Now that you've kick-started your decluttering, it's time to  
create real organizing systems in your home.

I've created a **30-Day Organizing Bootcamp** that helps you  
organize every single area of your home fast.

I have a real plan of action to help you get organized for  
good...**and it's only 15 minutes a day, and \$1 a day to join!**

**30 DAYS FOR JUST \$30**

**LEARN MORE**



Thank you so much for allowing me to be  
part of your decluttering journey.  
I'm proud of you for coming this far and I  
hope you are proud of yourself.  
Keep going, you deserve a home that is  
effortless and beautiful.

*Thank you!*



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