

7 Day Decluttered Home

Day 1 - Kitchen

- Tackle the fridge: Clean it out, dispose of expired food and condiments, and note items to replenish.
- Give the fridge's interior a wipe-down.
- Organize the pantry and eliminate expired items.
- Consider selling or donating underused kitchen appliances.
- Conquer the notorious junk drawer, finally bringing order to chaos.

Day 2 - Family Room, Dining Room, Entry

- Declutter dressers, drawers, or bins; part with items you no longer love.
- Sell or donate clothing and accessories that have been outgrown or forgotten.
- Assess room decor; keep only what brings joy.

Day 3 - Bathrooms

- Clean and declutter drawers and under-sink spaces.
- Dispose of expired makeup and toiletries.
- Part with makeup and toiletries you no longer use or like.
- Reorganize drawers in an orderly fashion.

Day 4 - Bedrooms

- Go through closets and dressers; donate or sell clothes and shoes that no longer fit or haven't been worn in a year.
- Declutter by donating or selling unused kids' toys.
- Clear the space under beds.
- Organize books and toys, parting with unwanted items.

Day 5 - Office

- Tackle that daunting paper pile until it vanishes.
- File away necessary documents.
- Discard old papers, files, magazines, etc. that are no longer needed or in use.
- Declutter as much as possible.

Day 6 - Garage

- Organize all bins and containers.
- Sell or donate unneeded items.
- Evaluate kids' outdoor toys; keep only those that are in use and loved.

Day 7 - Basement & Attic

(If no basement or attic, enjoy a day off!)

- Investigate every box, bin, and corner.
- Part with items that don't spark joy, fit, or serve a purpose.
- Declutter with purpose and sentimentality in mind.



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