30-Day Decluttering Challenge with Storage Sense

Week 1: Warm Up With Quick Wins

Week one builds momentum. You will work in small spaces where results show up fast.

- [ ] **Day 1: Do a trash sweep.** Walk through your home with a trash bag. Pick up obvious trash, broken items, and dried-out pens. Easy wins come first.
- [ ] **Day 2: Clear the kitchen counters.** Keep only what you use each day, like the coffee maker. Move the rest into a cabinet or the Donate box.
- [ ] **Day 3: Empty the junk drawer.** Toss old takeout menus and mystery keys. Set loose batteries aside for recycling. Put the rest into small containers.
- [ ] **Day 4: Sort the bathroom cabinets.** Toss expired lotions and old makeup. Set aside expired medicines and ask your pharmacy about safe disposal.
- [ ] **Day 5: Clear the entryway.** Sort shoes, coats, and bags by season. Donate anything that no longer fits.
- [ ] **Day 6: Tame the paper pile.** Recycle junk mail. Shred papers that show personal information. Keep one small tray for papers that need action.
- [ ] **Day 7: Make your first drop-off.** Take your Donate box to a local charity or thrift store. Then pause and look at the space you cleared.

Week 2: Tackle the Everyday Rooms

Now you move into the rooms you use most. Keep your four boxes close.

- [ ] **Day 8: Sort the pantry.** Check dates and toss expired food. Group similar items together so you can see what you own.
- [ ] **Day 9: Clean out kitchen cabinets.** Pull out duplicate tools and mugs you rarely use. Match each container with a lid, or let it go.
- [ ] **Day 10: Clear living room surfaces.** Clear the coffee table, shelves, and media stand. Return stray items to their rooms and untangle old cords.
- [ ] **Day 11: Edit books, movies, and decor.** Choose your favorites and donate the rest. Leave some open space on shelves so the room can breathe.
- [ ] **Day 12: Clear nightstands and under the bed.** Keep what helps you rest, like a lamp and a book. Move everything else out.
- [ ] **Day 13: Sort the dresser drawers.** Pull out clothes that no longer fit or that you have not worn in a year. Fold the rest so you can see each piece.
- [ ] **Day 14: Prep your Sell box.** Take clear photos of items you want to sell. List them on a local marketplace or take them to a consignment shop. Drop off another Donate box.

Week 3: Dig Into Closets, Garages, and Memories

Week three takes more time and more heart. Go slowly and take short breaks.

- [ ] **Day 15: Edit the bedroom closet.** Try the hanger trick. Turn all hangers backward. After you wear an item, hang it the right way. Donate whatever still hangs backward after a few months.
- [ ] **Day 16: Refresh the linen closet.** Keep two sets of sheets per bed and a few towels per person. Ask a local animal shelter if it takes old towels.
- [ ] **Day 17: Sort toys and games.** Let your kids help choose what to donate. Toss broken toys and games with missing pieces.
- [ ] **Day 18: Organize the garage workbench.** Group tools by job. Toss rusty or broken ones and label your bins.
- [ ] **Day 19: Sort hazardous items safely.** Paint, batteries, cleaners, and motor oil need special care. The EPA lists paints, solvents, motor oil, and car batteries as examples of household hazardous waste. It strongly recommends against pouring them down drains, onto the ground, or into storm sewers. Federal law allows some household waste to go out with regular trash, but your state may have stricter rules. Call your city or county waste office to find a drop-off site or collection event. Keep products in their original containers until then.
- [ ] **Day 20: Open the attic or basement.** Start with the boxes nearest the door. Open each one and decide right away. Do not repack anything you have not looked at.
- [ ] **Day 21: Handle sentimental items.** Pick one small memory box for each family member. Photograph large keepsakes before you pass them on. Keep the items that bring back a story.

Week 4+: Organize Your Space for The Items That Are Staying

The last stretch is about wrapping up and making smart choices about what to do with your keepers.

- [ ] **Day 22: Clear the home office.** Sort files, tame cords, and recycle old chargers. Keep the desk top open for work.
- [ ] **Day 23: Trim digital clutter.** Delete duplicate photos and unused apps. Back up the photos you want to keep.
- [ ] **Day 24: Sort seasonal items.** Look through holiday decor, sports gear, and camping supplies. Keep what you use and decide which items need a home outside your daily living space.
- [ ] **Day 25: Clear outdoor spaces.** Tidy the patio, shed, and yard tools. Donate or toss tools you no longer use.
- [ ] **Day 26: Reset the car.** Empty the trunk and glove box. Keep only the basics you need on the road.
- [ ] **Day 27: Open the Maybe box.** Be honest about each item. If it has sat unused for 30 days, it is likely ready to go.
- [ ] **Day 28: Make a haul day.** Deliver donations, schedule any pickups, and finish your sale listings.
- [ ] **Day 29: Walk through each room.** Look at your home with fresh eyes. List the items you want to keep but do not need every day. These are your candidates for self storage. Count large pieces and boxes.
- [ ] **Day 30: Celebrate and set a routine.** Enjoy what you have done. Pick a weekly 15-minute reset so clutter does not sneak back.