

DECLUTTERING

For the Easily Distracted

7 Day Challenge

- ☛ Set a 15-minute timer.
- ☛ Pick the daily task below.
- ☛ Declutter like you mean it.

◆ Day 1: The "Drop & Dash" Declutter

Grab a laundry basket and walk through your house. Toss in anything that doesn't belong in that room.

Set a second timer for 5 minutes to put everything where it actually belongs.

If something doesn't have a "home," it's time to donate, toss, or find it one.

◆ Day 2: The 5-Item Toss Rule

Find 5 things you don't use, love, or need.

Decide: Trash, Donate, or Repurpose?

Feeling motivated? Do another round!

◆ Day 3: The "Surface Sweep"

Pick one room and clear off the most cluttered surfaces—kitchen counters, nightstands, bathroom sinks, coffee tables.

Put away, toss, or donate anything unnecessary.

Wipe down surfaces for a fresh, clutter-free feeling.

◆ Day 4: The "Declutter While Distracted" Trick

Use random moments to declutter—during TV commercials, while on a phone call, or while waiting for the coffee to brew.

Example: While your kid tells you a long story, clean out the junk drawer.

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◆ Day 5: The 15-Minute Closet Purge

Open your closet. Pull out anything you haven't worn in a year.

Ask yourself: Would I buy this again today?

Donate what doesn't fit or make you feel good.

◆ Day 6: The "One In, One Out" Rule

Pick a cluttered category (toys, books, clothes, kitchen gadgets).

For every new item added, one old item must go.

Example: If your child gets a new toy, donate an old one.

◆ Day 7: The "Declutter & Celebrate" Wrap-Up

Walk through your home and admire your progress! Light a candle, turn on music, or take a deep breath in your clutter-free space.

If you're feeling it, do a final 10-minute tidy-up.

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DAY 1: THE "DROP & DASH" DECLUTTER

- Fill a basket with out-of-place items.
- Put them back where they belong.
- Donate or toss what has no home.

DAY 2: THE 5-ITEM TOSS RULE

- Find 5 things to toss or donate.
- Need more? Do another round!

DAY 3: THE "SURFACE SWEEP"

- Clear clutter from counters & tables.
- Put away, donate, or toss items.
- Wipe down surfaces for a fresh feel.

DAY 4: THE "DECLUTTER WHILE DISTRACTED" TRICK

- Clean a junk drawer during TV time.
- Toss expired pantry or fridge items.
- Organize a small space while waiting.

DAY 5: THE 15-MINUTE CLOSET PURGE

- Pull out unworn or ill-fitting clothes.
- Ask: Would I buy this again today?
- Bag up donations & put them in the car.

DAY 6: THE "ONE IN, ONE OUT" RULE

- Pick a category (toys, clothes, books).
- Remove 1 item for every new one.
- Donate, repurpose, or recycle!

DAY 7: THE "DECLUTTER & CELEBRATE" WRAP-UP

- Do a final 10-minute tidy-up.
- Light a candle & enjoy your space!
- Celebrate your decluttering wins!

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DAY 1 NOTES

DAY 2 NOTES

DAY 3 NOTES

DAY 4 NOTES

DAY 5 NOTES

DAY 6 NOTES

DAY 7 NOTES