

Declutter Challenge



How it Works

Most people have more than they need. For those who enjoy a good decluttering challenge, this tackles the whole home over a month. Each day, participants can tackle one area of their home that needs to be decluttered. [Research](#) proves decluttering not only improves physical spaces, it also alleviates anxiety and stress due to too much clutter!

Engagement Ideas

- Ask employees for before and after pics
- Print off the challenge below and distribute
- Raffle off a cleaning company service gift card
- Create donation pile and go drop off as a company
- Host check-ins. Ask about funniest/coolest decluttering finds



“If you’re not using the stuff in your home, get rid of it. You’re not going to start using it more by shoving it in a closet somewhere.”

— Joshua Becker

31-Day Declutter Challenge



Decluttering can feel overwhelming. That's why this challenge takes it just one day at a time! Each day, make an effort to work on the area listed. By the end of the month, your living areas will look neater and you'll feel lighter by letting go of what you don't need anymore!

1

Computer

Organize computer desktop; delete old emails

2

Desk

Dust and organize your desk

3

Kitchen

Clean and clear off counter tops & tables

4

Kitchen

Empty and organize kitchen cabinets

5

Piles

Toss junk mail, old magazines, things to mend, etc.

6

Personal

Clean out your purse or wallet

7

Junk Drawer

Organize your junk drawer

8

Start Organizing

Buy organizational storage items

9

Lifestyle

Update & organize your calendar/planner

10

Vehicle

Clean & detail your vehicle

11

Bedroom

Organize your bedroom

12

Bathroom

Declutter bathroom cabinets

13

Pantry

Toss expired food from pantry

14

Closets

Purge closets and start donate box

15

Toys

Help kids tidy up toys

16

Linens

Organize linen closets. Toss old sheets

17

Cleaning

Organize cleaning supplies

18

Storage

Dust and organize your bookshelf, end tables, etc.

19

Phone

Remove old apps you don't use

20

Laundry

Organize the laundry room.

21

Attic

Organize and label attic items

22

Garage

Toss old items or create donation pile

23

Family Areas

Declutter family room

24

Bedroom

Organize night stand & dresser & under-the-bed storage

25

Fridge & Freezer

Toss expired food. Organize with bins

26

Dressers

Go through clothes

27

Toiletries

Toss old, empty toiletry items

28

Outdoor

Organize porch/patio area

29

Medicine

Clean out your medicine cabinet

30

Finish Up

Tackle whatever is left!



Day 31: Celebrate
Enjoy your accomplishment
& commit to staying decluttered!

