

The Seven-Day DECLUTTER CLEANSE



OVERVIEW:

Are you trying to eliminate clutter from your home but aren't sure where to start? An organized and decluttered home can restore a sense of peace and calm to your home—and your daily life.

This seven-day cleanse will help you rein in the chaos and bring order to your home for good.

WHAT'S INCLUDED:

- **Declutter Cleanse List**
Break down your decluttering by day to make it easier to tackle.

The Seven-Day **DECLUTTER CLEANSE**

Monday: **LIVING ROOM & DINING ROOM**

- Clean drawers and cabinets, removing any trash or unused items.
- Objectively look at these rooms, and repurpose or donate any items that aren't being used.

Tuesday: **KITCHEN**

- Donate or sell any gadgets or appliances that you don't use.
- Toss any expired items from the fridge, pantry, and cabinets.

Wednesday: **BEDROOMS & CLOSETS**

- Donate any clothes that no longer fit or that you haven't worn in the past year.
- Donate any toys or books that don't regularly get used.

Thursday: **BATHROOMS**

- Toss out any expired makeup or toiletries.
- Reduce your beauty items to those only used on a regular basis.

Friday: **OFFICE**

- Organize papers you need to keep, and recycle everything else.
- Donate old books that you have already read.

Saturday: **STORAGE AREAS**

- Donate or sell any furniture or household items you are not using.
- Store seasonal and holiday decorations in clearly labeled bins.

Sunday: **GARAGE & CAR**

- Toss any broken or unused items; donate any unused items.
- Clean out the car, removing any items that don't belong there.