CLEAR THE CLUTTER

30 DAYS TO A CALMER FAMILY HOME

A Realistic Room-by-Room
Decluttering Workbook for Busy Families



30 DAILY MICRO-PROJECTS

INK-SAVER EDITION

Declutter • Decide • Reset • Maintain

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WELCOME TO YOUR 30-DAY HOME RESET

You do not need to declutter your entire home today.
You only need to make one useful decision at a time.

YOUR GOAL FOR THE NEXT 30 DAYS

Create a home that is easier for your family to use, reset, and maintain.



DECLUTTER

Remove what no longer deserves space.



DECIDE

Choose what stays and where it belongs.



RESET

Make everyday spaces easier to use.

REMEMBER

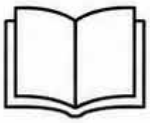
Progress matters more than perfection.

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HOW TO USE THIS WORKBOOK

Follow the 30 days in order or adapt the pace to fit your family.

If a day's project doesn't apply to your home, use that day to repeat a clutter hotspot, catch up, or tackle another space that needs attention.



1. READ THE DAY'S PROJECT

Focus only on the area listed.



2. CHOOSE YOUR TIME

Use 10, 20, or 30+ minutes.



3. SORT AND DECIDE

Keep, relocate, donate, recycle, or discard.



4. RESET THE SPACE

Give the remaining items clear homes.



5. RECORD WHAT WORKED

Use your notes to improve the next reset.



BUSY DAY?

Complete one drawer, shelf, basket, or surface. A smaller project still counts.

SHORT ON TIME?

Complete the Starting Point Assessment, Decision Rules, and Donation Zones pages, then begin Day 1. Come back to the other planning pages when you have time.

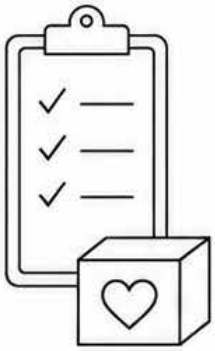


- ☐ I will work alone
- ☐ We will work as a family
- ☐ We will use a mix of both



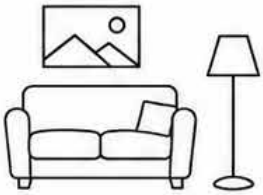
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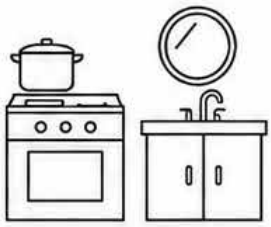
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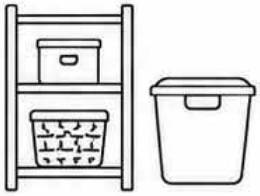
WEEK ONE • SHARED SPACES

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WEEK TWO • KITCHEN, BATH & BEDROOM

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WEEK THREE • FAMILY & STORAGE AREAS

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FINAL RESET

Days 22–30 36–44
Results & Next 90 Days 45

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YOUR 30-DAY ROADMAP



Thirty focused projects. One calmer home.

DAYS 1–10

- ☐ 1 Entryway
- ☐ 2 Coat Closet
- ☐ 3 Living Room
- ☐ 4 Books & Media
- ☐ 5 Toys & Games
- ☐ 6 Kitchen Counters
- ☐ 7 Pantry
- ☐ 8 Refrigerator
- ☐ 9 Kitchen Storage
- ☐ 10 Dining Area

DAYS 11–20

- ☐ 11 Bathrooms
- ☐ 12 Linen Storage
- ☐ 13 Primary Bedroom
- ☐ 14 Clothing
- ☐ 15 Kids' Bedrooms
- ☐ 16 Kids' Clothing
- ☐ 17 Papers & Office
- ☐ 18 Laundry Area
- ☐ 19 Garage
- ☐ 20 Storage Closets

DAYS 21–30

- ☐ 21 Basement or Attic
- ☐ 22 Sentimental Items
- ☐ 23 Family Decisions
- ☐ 24 Shared-Space Reset
- ☐ 25 Donation Exit
- ☐ 26 Whole-House Sweep
- ☐ 27 Maintenance Zones
- ☐ 28 10-Minute Resets
- ☐ 29 Family Maintenance
- ☐ 30 Final Reset



My planned start date: _____

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MY WHOLE-HOUSE VISION

Before deciding what leaves, decide what you want your home to support.

I WANT OUR HOME TO FEEL...

_____

_____

_____

_____

_____

I WANT OUR HOME TO MAKE IT EASIER TO...

_____

_____

_____

_____

_____

THE THREE SPACES I MOST WANT TO IMPROVE

1. _____

2. _____

3. _____

WHEN THIS 30-DAY RESET IS COMPLETE, I HOPE...

_____

_____

_____

_____

_____

_____

MY SIMPLE VISION STATEMENT: _____

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STARTING POINT ASSESSMENT



Rate each area based on how manageable it feels today.

1 = Overwhelming 5 = Working Well

AREA	1	2	3	4	5
Entryway					
Living Areas					
Kitchen					
Bathrooms					
Bedrooms					
Clothing					
Kids' Spaces					
Paperwork					
Laundry					
Storage Areas					

THE AREA THAT FRUSTRATES ME MOST

THE CLUTTER THAT RETURNS MOST OFTEN

THE ONE CHANGE THAT WOULD HELP OUR FAMILY MOST

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WHAT MATTERS TO OUR FAMILY?

Keep space for the things that support the life you actually live.

OUR HOME NEEDS SPACE FOR:

- ☐ Family meals
- ☐ Homework or learning
- ☐ Playing
- ☐ Relaxing
- ☐ Hosting guests
- ☐ Working from home
- ☐ Creative hobbies
- ☐ Sports and activities
- ☐ Pets
- ☐ Outdoor gear
- ☐ Quiet time
- ☐ Other: _____

WE WANT MORE...

_____

_____

_____

_____

_____

WE WANT LESS...

_____

_____

_____

_____

_____

Our top three household priorities:

1. _____
2. _____
3. _____

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FIND THE CLUTTER HOTSPOTS



Clutter usually collects where a system is missing.

HOTSPOT	WHAT COLLECTS HERE?	WHY?	WHAT WOULD HELP?

COMMON REASONS CLUTTER RETURNS

- ☐ No permanent home
- ☐ Storage is too far away
- ☐ Too many items
- ☐ Family members are unsure where things go
- ☐ Area is used for too many purposes
- ☐ Donation items never leave
- ☐ Paper enters faster than it is processed
- ☐ Other: _____

The hotspot I want to solve first: _____

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OUR HOUSEHOLD DECISION RULES

Use the same simple questions throughout the challenge.

DO WE USE IT? ☐ Yes ☐ No

↓

DO WE NEED IT? ☐ Yes ☐ No

↓

WOULD WE CHOOSE IT AGAIN TODAY? ☐ Yes ☐ No

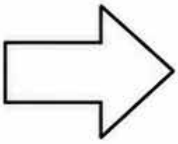
↓

DOES IT HAVE A CLEAR HOME? ☐ Yes ☐ No

↓

DO WE HAVE SPACE FOR IT? ☐ Yes ☐ No

↓

KEEP	RELOCATE	DONATE	RECYCLE	DISCARD
				

Needs a family decision? Place it in the Family Decision Box.

We will keep duplicates only when: _____

We will repair items only when: _____

We will decide uncertain items by: _____

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SET UP DONATION & DISCARD ZONES

Choose temporary collection spots before you begin.



DONATE

Location: _____



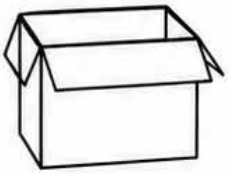
RECYCLE

Location: _____



DISCARD

Location: _____



FAMILY DECISION BOX

Location: _____

OUR EXIT RULES

- ☐ Donation items will leave the house regularly.
- ☐ Trash will go directly to the proper bin.
- ☐ Recycling will be separated immediately.
- ☐ Family Decision items will receive a deadline.
- ☐ We will not move outgoing clutter from room to room.

Our first donation drop-off or pickup target: _____

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GET READY TO BEGIN

HELPFUL SUPPLIES

- [ ] Donation bags or boxes
- [ ] Trash bags
- [ ] Recycling container
- [ ] Small sorting basket
- [ ] Marker
- [ ] Labels or sticky notes
- [ ] Cleaning cloth
- [ ] Timer

CHOOSE YOUR DEFAULT SESSION

- [ ] **10 MINUTES** — very busy days
- [ ] **20 MINUTES** — regular sessions
- [ ] **30+ MINUTES** — when I have extra time

My best decluttering time is: _____

My biggest challenge may be: _____

When I get behind, I will: _____

Before you begin:
Take a few quick photos of the spaces you most want to improve.

Then on Day 30:
Take your after photos.

READY RULE:
Stop when your planned session ends.
You can continue tomorrow.

- [ ] I will work alone
- [ ] We will work as a family
- [ ] We will use a mix of both

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DAY 1

ENTRYWAY



Create an easier way to enter and leave your home.

TODAY'S MICRO-PROJECT

- [ ] Clear the main entry surface.
- [ ] Remove shoes that do not belong here.
- [ ] Return coats and bags to their homes.
- [ ] Remove old mail, receipts, and flyers.
- [ ] Relocate items that belong elsewhere.

OUR ENTRYWAY NEEDS SPACE FOR:

- [ ] Keys
- [ ] Shoes
- [ ] Coats
- [ ] Backpacks
- [ ] Mail
- [ ] Pet supplies
- [ ] Other: _____

WHAT NEEDS A HOME?

ITEM	NEW HOME

The change that will make mornings easier: _____

_____

_____

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DAY 2

COAT CLOSET OR MUDROOM



Keep the gear your family actually uses within easy reach.

REMOVE FIRST

- [ ] Outgrown coats
- [ ] Unused shoes
- [ ] Broken umbrellas
- [ ] Empty bags
- [ ] Off-season items that belong elsewhere
- [ ] Items waiting to be donated

EVERYDAY ITEMS THAT NEED PRIME SPACE

SEASONAL ITEMS TO MOVE

ITEMS TO DONATE

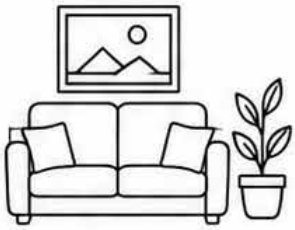
BEFORE I FINISH

- [ ] Floor is usable
- [ ] Hangers are accessible
- [ ] Frequently used items are easy to reach
- [ ] Donation items moved to donation zone

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DAY 3

LIVING ROOM



Make your main shared space easier to relax in and reset.

- [ ] Clear tables and flat surfaces.
- [ ] Return dishes to the kitchen.
- [ ] Collect items belonging in other rooms.
- [ ] Remove unused décor.
- [ ] Reduce extra blankets and pillows.
- [ ] Remove broken or unused items.

WHAT BELONGS IN THIS ROOM?

_____

_____

_____

_____

_____

_____

WHAT KEEPS LANDING HERE BUT BELONGS SOMEWHERE ELSE?

_____

_____

_____

_____

_____

Our living room reset rule: _____

_____

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DAY 4

BOOKS, MEDIA & ENTERTAINMENT



Keep the entertainment your family still chooses.

SORT TODAY

- [ ] Books
- [ ] Magazines
- [ ] Movies
- [ ] Video games
- [ ] Controllers
- [ ] Remote controls
- [ ] Cables
- [ ] Old electronics

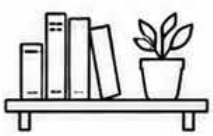
KEEP & USE

DONATE

RECYCLE RESPONSIBLY

NEEDS A DECISION

How much shelf or cabinet space are we giving this category?



Anything that exceeds our space limit must be reconsidered.

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DAY 5

TOYS & GAMES



Make play easier by keeping favorites easier to find.

- [ ] Remove broken toys.
- [ ] Match game pieces.
- [ ] Remove obvious outgrown items.
- [ ] Collect duplicates.
- [ ] Return toys from other rooms.
- [ ] Identify toys that are rarely chosen.

FAMILY DECISION QUESTIONS

- Do we still play with it?
- Is it complete?
- Do we already have something similar?
- Would someone else enjoy it more?

FAVORITES

READY TO DONATE

NOT SURE YET

One change that would make cleanup easier: _____

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DAY 6

KITCHEN COUNTERS

Protect the surfaces your family uses every day.



- [ ] Remove papers.
- [ ] Remove expired food.
- [ ] Return dishes.
- [ ] Return pantry items.
- [ ] Relocate rarely used appliances.
- [ ] Clear items waiting for repair or return.

DESERVES COUNTER SPACE

_____

_____

_____

_____

_____

NEEDS ANOTHER HOME

_____

_____

_____

_____

_____

The counter we most want to keep clear: _____

OUR 2-MINUTE KITCHEN RESET

1. _____
2. _____
3. _____

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DAY 7

PANTRY



Make the food you already own easier to see and use.

- ☐ Remove expired food.
- ☐ Discard empty packaging.
- ☐ Group duplicates.
- ☐ Combine safe matching items when appropriate.
- ☐ Move oldest usable items forward.
- ☐ Donate unopened food your household will not use when appropriate.

CATEGORY	TOO MUCH?	NEED TO USE SOON?
Breakfast		
Snacks		
Canned Goods		
Baking		
Pasta & Grains		
Other		

Food we should use first: _____

Category we tend to overbuy: _____

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WEEK ONE REVIEW

Seven projects completed. Notice what is already becoming easier.

MY BIGGEST WIN

THE SPACE THAT FEELS MOST DIFFERENT

THE DECISION THAT WAS HARDEST

THE SYSTEM WE NEED TO IMPROVE

How manageable does our home feel today?

1 ○ 2 ○ 3 ○ 4 ○ 5 ○

1 Overwhelming — 5 Much Easier

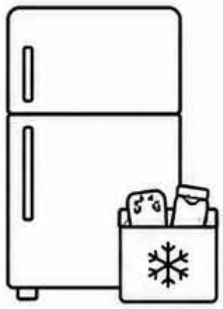
- ☐ Donation zone is working
- ☐ Discard items are leaving
- ☐ Family members know the basic system
- ☐ I am keeping projects realistic

One adjustment for Week Two: _____

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DAY 8

REFRIGERATOR & FREEZER



Make what you already have easier to see before buying more.

- [ ] Remove spoiled food.
- [ ] Check leftovers.
- [ ] Remove empty containers.
- [ ] Group similar foods.
- [ ] Move use-soon items forward.
- [ ] Identify forgotten freezer items.

USE FIRST

_____

_____

_____

_____

_____

_____

FREEZER ITEMS TO PLAN AROUND

_____

_____

_____

_____

_____

_____

WE KEEP OVERBUYING

_____

_____

_____

_____

_____

_____

- [ ] Shelves are easier to see
- [ ] Leftovers have a clear location
- [ ] Expired food is gone

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DAY 9

KITCHEN CABINETS & DRAWERS



Keep the tools that make everyday cooking easier.

- [ ] Remove duplicates.
- [ ] Remove unused gadgets.
- [ ] Remove broken tools.
- [ ] Relocate rarely used serving pieces.
- [ ] Match containers with lids.
- [ ] Clear the junk drawer.

ITEM	HOW MANY DO WE NEED?	KEEP / DONATE

THE DRAWER OR CABINET THAT NEEDS THE BIGGEST RESET





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DAY 10

DINING AREA

Give eating and gathering space back to your family.



- [ ] Clear the table.
- [ ] Remove paperwork.
- [ ] Return craft supplies.
- [ ] Remove items waiting to be put away.
- [ ] Reduce unused table décor.
- [ ] Clear nearby storage that belongs elsewhere.

THIS AREA SHOULD SUPPORT...

_____

_____

_____

_____

_____

ITEMS THAT NEED ANOTHER HOME

_____

_____

_____

_____

_____

Our dining table reset rule: _____

_____

_____





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DAY 11

BATHROOMS

Keep everyday essentials easy to reach.



- [ ] Remove empty containers.
- [ ] Group duplicates.
- [ ] Remove unusable products.
- [ ] Return items to the correct bathroom.
- [ ] Discard worn-out items.
- [ ] Clear counters.

DAILY USE	BACKUP SUPPLIES	RELOCATE	REMOVE

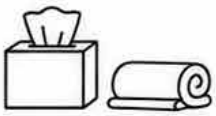
Products we repeatedly buy before checking: _____

_____

Counter items that truly need to stay out: _____

_____

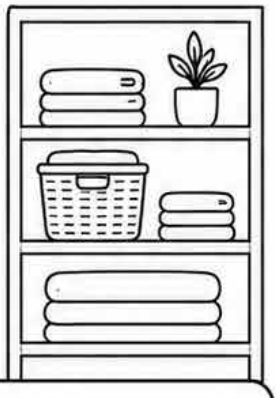




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DAY 12

LINEN STORAGE



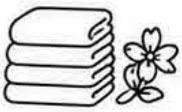
Keep useful linens without overflowing shelves.

- [ ] Match sheet sets.
- [ ] Count towels.
- [ ] Remove badly worn linens.
- [ ] Move specialty linens together.
- [ ] Remove sizes you no longer use.
- [ ] Donate usable extras when appropriate.

CATEGORY	CURRENT	ENOUGH FOR US	ACTION
Bath Towels			
Hand Towels			
Sheet Sets			
Blankets			
Guest Linens			

Our linen storage limit is the space available on: _____

_____





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DAY 13

PRIMARY BEDROOM



Remove household overflow from your resting space.

- [ ] Clear nightstands.
- [ ] Remove dishes.
- [ ] Put away clean clothing.
- [ ] Collect laundry.
- [ ] Remove items belonging elsewhere.
- [ ] Reduce unnecessary décor.
- [ ] Clear the floor.

WHAT BELONGS IN THIS ROOM?

_____

_____

_____

_____

_____

WHAT HAS TURNED INTO BEDROOM CLUTTER?

_____

_____

_____

_____

_____

One change that would make this room feel calmer: _____

_____

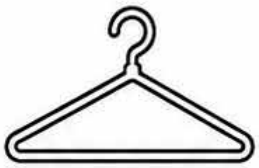




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DAY 14

CLOTHING



Keep clothing that fits your current life and available space.

- ☐ Does it fit comfortably?
- ☐ Do I wear it?
- ☐ Is it in usable condition?
- ☐ Would I choose it today?
- ☐ Do I own something nearly identical?
- ☐ Does it deserve closet space?

KEEP	DONATE	REPAIR

SEASONAL	UNDECIDED

My closet or dresser becomes difficult to use when: _____

My clothing space limit: _____

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WEEK TWO REVIEW

Halfway through the challenge.



The easiest category to declutter

The hardest category to declutter

One thing we discovered we had too much of

One storage limit that helped

- ☐ We are donating regularly
- ☐ We are returning relocated items
- ☐ We are protecting clear surfaces
- ☐ We are using our decision rules

Current clutter stress

1 Low — 5 High

My focus for Week Three: _____





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DAY 15

KIDS' BEDROOMS



Make it easier for children to find things and put them away.

- [ ] Clear floor.
- [ ] Remove trash.
- [ ] Return dishes.
- [ ] Collect laundry.
- [ ] Return toys to categories.
- [ ] Remove obvious outgrown items.
- [ ] Create a small decision pile if needed.

WHAT MUST BE EASY FOR MY CHILD TO REACH?

_____

_____

_____

_____

_____

WHAT CAN LIVE SOMEWHERE ELSE?

_____

_____

_____

_____

_____

What part of your room is hardest to clean up? _____

_____

_____





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DAY 16

KIDS' CLOTHING



Keep current sizes easy to find.

- [ ] Remove outgrown sizes.
- [ ] Remove badly worn clothing.
- [ ] Pair shoes.
- [ ] Check seasonal items.
- [ ] Move hand-me-downs to labeled storage.
- [ ] Donate useful extras.

CATEGORY	CURRENT SIZE	NEED?	REMOVE?
Tops			
Bottoms			
Pajamas			
Outerwear			
Shoes			

Clothing to save for another child: _____

_____

Next size or season to review: _____

_____

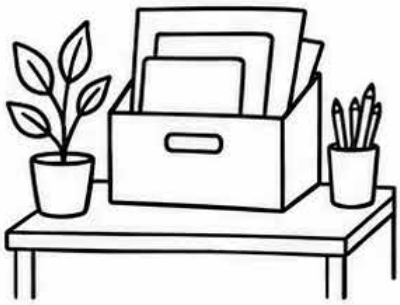




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DAY 17

HOME OFFICE & PAPERWORK



Give incoming paper a clear next step.

ACTION	FILE	SHRED	RECYCLE	OTHER FAMILY MEMBER

- [ ] Open old mail.
- [ ] Recycle junk mail.
- [ ] Remove duplicate papers.
- [ ] File important records.
- [ ] Move action items together.
- [ ] Clear the main work surface.

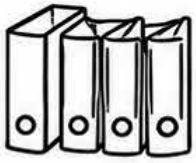
OUR PAPER LANDING ZONE

Location: _____



Papers we should stop keeping: _____

_____





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DAY 18

LAUNDRY AREA



Make the path from dirty to clean easier.

- [ ] Remove empty containers.
- [ ] Discard unusable supplies.
- [ ] Return unrelated items.
- [ ] Clear machine tops.
- [ ] Match stray socks.
- [ ] Create a place for stain treatment.
- [ ] Create a place for items needing repair.

DIRTY LAUNDRY GOES...



_____

_____

CLEAN LAUNDRY GOES...



_____

_____

ITEMS NEEDING SPECIAL ATTENTION GO...



_____

_____

The step where laundry usually gets stuck: _____





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DAY 19

GARAGE



Start with one zone instead of trying to organize everything at once.

Choose ONE starting zone.

- ☐ Workbench
- ☐ Sports gear
- ☐ Tools
- ☐ Automotive
- ☐ Lawn & garden
- ☐ Kids' outdoor items
- ☐ Floor area
- ☐ Other: _____

- ☐  Remove obvious trash.
- ☐  Group like items.
- ☐  Remove broken items.
- ☐ 

Move donations out.
- ☐  Return borrowed items.
- ☐  Clear one section of floor.

Items that need safer or better storage: _____

Next garage zone to tackle: _____

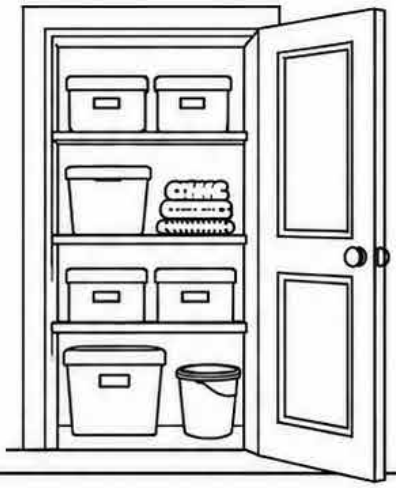




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DAY 20

STORAGE CLOSETS

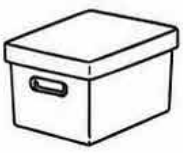


Storage should hold useful belongings,
not postponed decisions.

- ☐ Remove empty boxes.
- ☐ Remove forgotten donations.
- ☐ Identify mystery containers.
- ☐ Group similar items.
- ☐ Remove items stored 'just in case.'
- ☐ Label categories that remain.

WHAT IS STORED HERE?	WHY ARE WE KEEPING IT?	DOES IT STILL DESERVE SPACE?

The purpose of this closet is: _____





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DAY 21

BASEMENT OR ATTIC



Work category by category, not box by box.

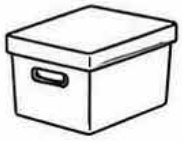
Choose ONE category today.

- ☐ Holiday décor
- ☐ Baby items
- ☐ Old furniture
- ☐ Documents
- ☐ Hobby supplies
- ☐ Seasonal clothing
- ☐ Family keepsakes
- ☐ Empty containers
- ☐ Other: _____

KEEP	DONATE	DISCARD	DECIDE LATER WITH DEADLINE

Category chosen: _____

Decision deadline: _____

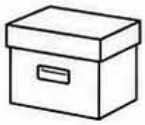




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Week Three Review



You have now worked through both visible clutter and hidden storage.

The biggest surprise I found

The category we had more of than expected

The item type that is hardest to release

The system that is helping most



PROGRESS CHECKLIST



- ☐ Visible surfaces are easier to reset
- ☐ Donation items are leaving
- ☐ Storage areas have clearer purposes
- ☐ Family members are making decisions
- ☐ Frequently used items are easier to find



One thing I will NOT bring back into the house without a plan: _____



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DAY 22

SENTIMENTAL ITEMS



Keep meaningful memories without requiring yourself to keep everything.

DECISION QUESTIONS

- ☐ Does this item represent a memory I value? _____
- ☐ Is the item itself important, or is the memory enough? _____
- ☐ Would a photo preserve what matters? _____
- ☐ Do I have several items representing the same memory? _____
- ☐ Do I have an appropriate place to keep it? _____

KEEP	PHOTOGRAPH	SHARE WITH FAMILY	RELEASE

The keepsakes that matter most to me are: _____





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DAY 23

FAMILY DECISION DAY

Resolve the items nobody wanted to decide alone.



ITEM	WHO DECIDES?	KEEP?	NEW HOME / EXIT PLAN
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			

FAMILY DISCUSSION RULES

- ☐ Ask before removing someone else's belongings.
- ☐ Explain the space problem.
- ☐ Choose a clear storage limit.
- ☐ Set a deadline for unfinished decisions.
- ☐ Respect meaningful belongings.

Our deadline for remaining undecided items: _____

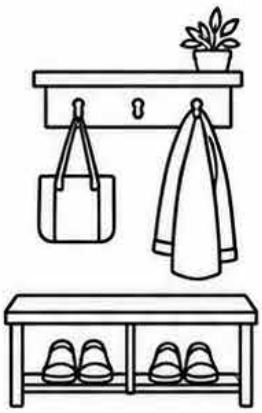




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DAY 24

RESET SHARED SPACES



Shared spaces work better when
everyone knows what belongs there.



ENTRYWAY

Belongs here: _____

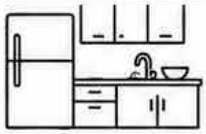
Does not belong here: _____



LIVING ROOM

Belongs here: _____

Does not belong here: _____



KITCHEN

Belongs here: _____

Does not belong here: _____



DINING AREA

Belongs here: _____

Does not belong here: _____

OUR SHARED-SPACE RULES

1. _____
2. _____
3. _____
4. _____
5. _____

The space we will reset every evening: _____





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DAY 25

GET DONATIONS OUT

Decluttering is not finished until outgoing items leave the house.

- ☐ Gather all donation bags.
- ☐ Check closets for missed donation items.
- ☐ Check garage or vehicle.
- ☐ Separate recycling.
- ☐ Remove trash.
- ☐ Schedule or complete donation drop-off.
- ☐ Return borrowed items.



ITEMS LEAVING TODAY

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

Donation destination: _____

Drop-off or pickup date: _____

DO NOT RE-SORT DONATIONS UNLESS NECESSARY.

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DAY 26

WHOLE-HOUSE SWEEP



Walk through the house once with fresh eyes.

- ☐ Clear one forgotten surface.
- ☐ Return stray items.
- ☐ Collect remaining donations.
- ☐ Remove trash.
- ☐ Check floors.
- ☐ Check stairs.
- ☐ Check behind doors.
- ☐ Check temporary piles.
- ☐ Check items waiting to be put away.

SPACE	WHAT STILL NEEDS ATTENTION?	NEXT STEP

The one unfinished area that matters most: _____





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DAY 27

CREATE MAINTENANCE ZONES

Give repeat clutter a predictable home.

REPEAT CLUTTER	WHERE IT APPEARS	NEW HOME
Mail		
Keys		
Shoes		
Backpacks		
Charging Cords		
Laundry		
Toys		
Items Going Upstairs		
Other		

CHECK BEFORE YOU FINISH

- [ ] New homes are easy to reach
- [ ] Storage matches how the family actually uses the space
- [ ] Containers are not overcrowded
- [ ] Everyone knows the new locations

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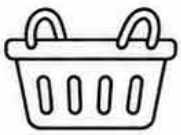
DAY 28

BUILD A 10-MINUTE RESET

Small resets prevent large recovery projects.

OUR EVENING 10-MINUTE RESET

1. _____
2. _____
3. _____
4. _____
5. _____



- ☐ Return items to rooms
- ☐ Clear kitchen counters
- ☐ Reset entryway
- ☐ Collect dishes
- ☐ Put away toys
- ☐ Sort mail



Best reset time: _____

Who participates: _____

If we only have 3 minutes, we will focus on: _____

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DAY 29

FAMILY MAINTENANCE PLAN



A system is easier to maintain when everyone knows how to help.

AREA OR TASK	WHO HELPS?	WHEN?
Entryway reset		
Toys		
Kitchen surfaces		
Laundry		
Paperwork		
Donation box		
Other		
Other		

OUR FAMILY RESET RULES

1. _____
2. _____
3. _____
4. _____

When clutter starts building again, our first response will be: _____





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DAY 30

FINAL HOME RESET

You did not create a perfect home.
You created a home that is easier to manage.

- [ ] Walk through every main room.
- [ ] Return remaining stray items.
- [ ] Empty donation zone.
- [ ] Clear major surfaces.
- [ ] Check maintenance zones.
- [ ] Complete the 10-minute reset.
- [ ] Notice what feels easier.
- [ ] Take your after photos.



THE THREE CHANGES I AM MOST PROUD OF

1. _____
2. _____
3. _____

ONE SYSTEM I WANT TO PROTECT

_____

_____

_____

30 DAYS COMPLETE ✓

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RESULTS & MY NEXT 90 DAYS

Keep what worked. Adjust what did not.

AREA	START	NOW
Visible clutter	1 2 3 4 5	1 2 3 4 5
Finding things	1 2 3 4 5	1 2 3 4 5
Shared spaces	1 2 3 4 5	1 2 3 4 5
Storage areas	1 2 3 4 5	1 2 3 4 5
Family resets	1 2 3 4 5	1 2 3 4 5
Overall home stress	1 2 3 4 5	1 2 3 4 5

THE BIGGEST DIFFERENCE I NOTICE

THE HABIT THAT HELPED MOST

THE CLUTTER PROBLEM I STILL WANT TO IMPROVE

MY NEXT 90 DAYS

- ☐ Continue our 10-minute reset
- ☐ Empty donations regularly
- ☐ Review one storage zone each month
- ☐ Revisit clothing seasonally
- ☐ Review paper weekly
- ☐ Repeat a whole-house sweep

My 90-day check-in date: _____

A calmer home is built through small decisions repeated consistently.



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