CLEAR THE CLUTTER

30 DAYS TO A CALMER FAMILY HOME

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



30 DAILY MICRO-PROJECTS

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

1. READ THE DAY'S PROJECT

Focus only on the area listed.



2

2. CHOOSE YOUR TIME

Use 10, 20, or 30+ minutes.



3

3. SORT AND DECIDE

Keep, relocate, donate, recycle, or discard.



4

4. RESET THE SPACE

Give the remaining items clear homes.



5

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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TABLE OF CONTENTS

GET READY



Welcome — 1
How to Use This Workbook — 2
30-Day Roadmap — 4
Whole-House Vision — 5
Starting Assessment — 6
Family Priorities — 7
Clutter Hotspots — 8
Decision Rules — 9
Donation & Discard Zones — 10
Challenge Prep — 11

WEEK ONE • SHARED SPACES



Days 1–7 — 12–18
Week One Review — 19

WEEK TWO • KITCHEN, BATH & BEDROOM



Days 8–14 — 20–26
Week Two Review — 27

WEEK THREE • FAMILY & STORAGE AREAS



Days 15–21 — 28–34
Week Three Review — 35

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.

1. **DO WE USE IT?** ☐ Yes ☐ No
2. **DO WE NEED IT?** ☐ Yes ☐ No
3. **WOULD WE CHOOSE IT AGAIN TODAY?** ☐ Yes ☐ No
4. **DOES IT HAVE A CLEAR HOME?** ☐ Yes ☐ No
5. **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.

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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.

WHAT NEEDS A HOME?

ITEM	NEW HOME

OUR ENTRYWAY NEEDS SPACE FOR:



- [ ] Keys



- [ ] Shoes



- [ ] Coats



- [ ] Backpacks



- [ ] Mail



- [ ] Pet supplies



- [ ] Other: _____



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?

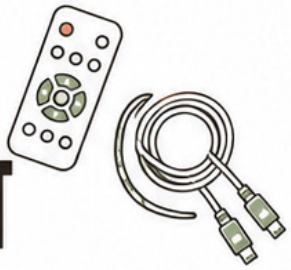


OUR LIVING ROOM RESET RULE: _____

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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.
- [ ] Return dishes.
- [ ] Relocate rarely used appliances.
- [ ] Remove expired food.
- [ ] Return pantry items.
- [ ] 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 broken tools.
- [ ] Match containers with lids.
- [ ] Remove unused gadgets.
- [ ] Relocate rarely used serving pieces.
- [ ] 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.
- [ ] Remove unusable products.
- [ ] Discard worn-out items.
- [ ] Group duplicates.
- [ ] Return items to the correct bathroom.
- [ ] 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.
- [ ] Remove badly worn linens.
- [ ] Remove sizes you no longer use.
- [ ] Count towels.
- [ ] Move specialty linens together.
- [ ] 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: _____

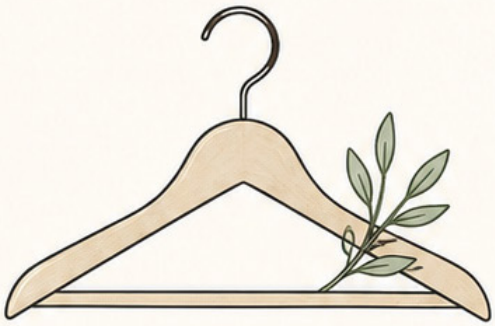
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DAY 14

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

Two weeks complete. Notice what is getting easier.

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 2 3 4 5

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: _____

_____

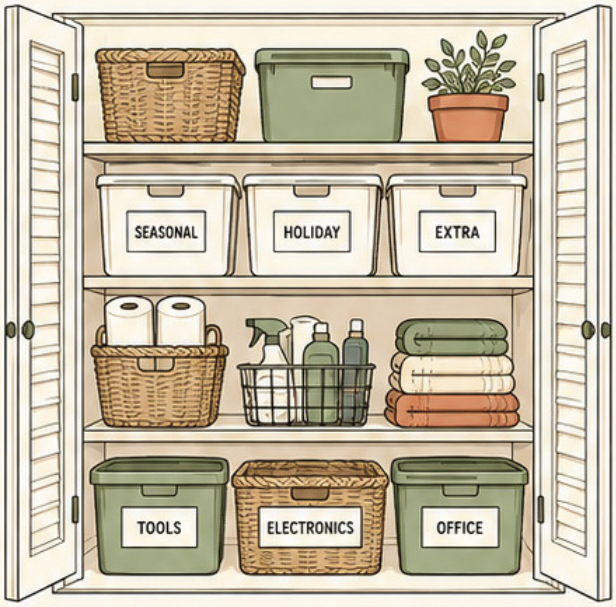
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DAY 20

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.

CATEGORY CHECKLIST

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

Choose **ONE** category today.

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

- ☐ 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.

- [ ] 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: _____

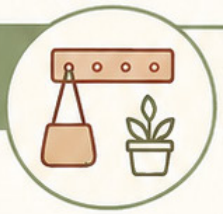
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DAY 24

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		

- [ ] 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. _____



SUGGESTED CHECKLIST

- ☐ 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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