

IT'S GONNA BE A declutter MONTH

INSTRUCTIONS

In each block below, write down how many items you will throw away / donate / delete each day for the next 30 days.

For example, if you want to declutter 10 things a day, write numbers in multiples of 10 in each block: 10, 20, 30, 40, etc.

Each day, walk around the house and find things to get rid of, go through drawers and shelves, or delete old digital files and emails. When you declutter 10 things, cross out a block below. If you keep track like this, you'll be able to see how many items you've decluttered from your life and will be motivated to keep going.

Remember: 10 items a day for 30 days = 300 fewer items in 1 month.
10 items a day for 1 year = 3 650 fewer items after 1 year!

DAILY DECLUTTER

NOTES