

Clear the Clutter Challenge

Make your life a little more organized by tackling those areas of life that have become cluttered and create undue stress.

Use these suggestions to take a small bite out of what can seem like an overwhelming task. You'll be less stressed and more focused with less clutter!

Goal: Complete at least 20 of the daily suggestions (in any order)!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Minutes This Week
Week 1	Clean out your junk drawer. <input type="checkbox"/>	Unsubscribe to junk email. <input type="checkbox"/>	Clean out your silverware drawer in your kitchen. <input type="checkbox"/>	Clean out your garage. Start with just getting rid of 5 things. <input type="checkbox"/>	Clean out your towels/washcloths. Throw away any soiled, smelly or torn ones. <input type="checkbox"/>	Clean out your sock drawer. Throw away any mis-matched pairs. <input type="checkbox"/>	Clean out your kid's toys. Repurpose any toys they've outgrown. <input type="checkbox"/>	
Week 2	Clean out the attic. Discard at least 5 things you no longer need. <input type="checkbox"/>	Clean out your car console or glove box. <input type="checkbox"/>	Clean out your Tupperware. Discard any that do not have matching lids or are stained. <input type="checkbox"/>	Clean out the medicine cabinet. Discard any old Rx. <input type="checkbox"/>	Clean out your inbox. Categorize any unread emails and delete old ones. <input type="checkbox"/>	Go through old books and donate old ones to a school, senior center or Goodwill. <input type="checkbox"/>	Clean out your trunk! <input type="checkbox"/>	
Week 3	Clean out the refrigerator. Discard any expired or questionable condiments. <input type="checkbox"/>	Clean beneath the kitchen sink. Discard any items you no longer use. <input type="checkbox"/>	Clean out your files. Shred any items you no longer need to keep. <input type="checkbox"/>	Clean out your closet. Donate any shoes, jackets, belts, etc. that you haven't worn in 2+ years. <input type="checkbox"/>	Clean out your spices/baking products. Discard any that are over a year old. <input type="checkbox"/>	Clean out your purse/wallet. <input type="checkbox"/>	Clean out the linen closet. Discard any soiled or torn linens. <input type="checkbox"/>	
Week 4	Sort through recipes or cookbooks. Discard any you no longer use. <input type="checkbox"/>	Clean out your catch-all spot (counter that collects mails, keys, etc.) <input type="checkbox"/>	Unfriend or unfollow anyone or anything on social media that does not bring you joy. <input type="checkbox"/>	Clean out your pet's accessories (old leashes, bowls, torn toys, etc.) <input type="checkbox"/>	Have everyone in your family clear 5 things out of their drawers. Make it a contest. <input type="checkbox"/>	Clean out your bathroom drawer/cabinets. <input type="checkbox"/>	Clean out the clutter in your mind. Take 5 minutes to breathe and relax! <input type="checkbox"/>	
								<p>TOTAL Days Goal Achieved</p> <p>_____</p> <p>Use this number for reporting.</p>