

Three stylized floral designs in teal, lime green, and light blue are positioned at the top left of the central circle.

# 28 Day Declutter Challenge

A single stylized floral design in lime green is positioned at the bottom right of the central circle.

Presented by Life Beyond the Kitchen

# Welcome to the 28 Day Tranquil Home Declutter Challenge!

If you're new to decluttering, welcome! For the next four weeks we're going to take a few minutes every day to reclaim your home from clutter. Those of us who are old hands will find the challenge to be a great tune up.

In this challenge we will focus on four areas of your home: **your bedroom, your bathroom, the living room and the office.** Little changes in those areas will have a big impact. At the end of 28 Days you'll have a more tranquil environment.

Are you ready to get started? Let's go over a few guidelines before we begin...



# Just a Few Guidelines

**Don't take on more than you can reasonably finish in a half an hour or so.** Before you begin, you'll need a bag for trash and another for donations.

**Concentrate on the job at hand.** Put your phone on airplane mode so you can listen to music and use the timer without being interrupted by calls or social media.

**When the time's up, stop decluttering.** Don't create more clutter by leaving the trash and donated items in the room you're working in. Throw away any trash and put any items to be donated in your car so you can easily drop them off.

On each page you'll find a link to a companion article on Life Beyond the Kitchen. You'll find more info there.

**Now that we're ready...Let's get started!**



# Days 1 - 7

## Transform Your Bedroom

For the first week, we're going to work in our bedrooms, clearing out anything that disturbs our tranquil space.

If you aren't already doing so, **get into the habit of making your bed everyday**. I've found that even if the rest of the bedroom is out of control, a made bed helps to draw the eye from the rest of the room.

For this challenge we're just going to look through the clothes, not impose a new organizational system. If you have the time and inclination, check out [these tips for decluttering clothes](#) and [this post for making the most of the space you have](#).

## Focus on Your Bedroom



### Make Your Bed Everyday

Day	Task
1	Pick up the clothes: put away or in laundry basket.
2	Clear off the nightstands and dresser. Put items from other rooms back where they belong.
3	Sort through your underwear drawer and get rid of anything that doesn't make you feel feminine.
4	Tackle the sock drawer. Say goodbye to stretched, unmatched and holey socks.
5	Go through your shoes and purses. Donate any in good shape that you haven't worn in a year.
6	Take a quick look through your closet. Donate any clothes in good shape that no longer fit or you no longer wear.
7	Give your bedroom a good dusting and vacuum. Get those cobwebs from the ceiling. Don't forget the edges of the carpet.

# Days 8 - 14

## A Bath Fit for Royalty

I'm sure your bathroom isn't **that** bad, but it could still use a little sprucing up.

Did you know make up has an expiration date? [Check out this post](#) to help you determine whether or not to keep your cosmetics. While you're going through your makeup, consider washing your brushes, too. Use a gentle soap and dry flat.

This week, we're also going to go through our linen closets. Ideally you'll want two or three towels per person as well as two sets of sheets per bed. Take the time to cull through your linens. Fewer sheets and towels means it's easier to keep your linens neat and tidy.



## Focus on the Bathroom



Continue to Make Your Bed Everyday

Day	Task
8	Sort through the medicine cabinet. Get rid of empty bottles and expired medication.
9	Examine your makeup. Toss any that's out of date. Don't forget to check makeup in your purse, too.
10	Sort through the space under the sink. Do you need all of that stuff?
11	Go through your bathroom gadgets. Get rid of any you don't use. Clean up any you keep.
12	Reorganize the towels in your linen closet. Donate or dispose of any towels you haven't used in a year.
13	Ditto for the sheet sets in your linen closet.
14	Make space for a roll of paper towels and glass cleaner so you can easily spot clean.



# Days 15 - 21

## Make Space for Family Living

Halfway through!

Don't you love how your bedroom and bathroom give off a different energy without all the clutter in the way?

Now we're going to do the same in the main living space. **Here's your chance to get rid of games your children have outgrown, books you haven't read in years, videos you no longer watch** (although I'll never, ever get rid of Purple Rain...best soundtrack ever!)

Give yourself extra time to complete the tasks in this room if you need it.



Day	Task
15	Place all the items that belong in other areas of the house into a box. Redistribute them.
16	Clear off the coffee table, end tables and other flat surfaces. Get rid of magazines and newspapers you're finished with. Dust the areas you've cleared.
17	Straighten DVDs, CDs and Games. Donate any you no longer watch, listen to or play with.
18	Sort through your bookcase(s). Donate books you aren't interested in reading again. Dust the shelves.
19	Clean all the decorative items...figurines, picture frames, wall hangings, etc. Donate any you're tired of.
20	Remove the sofa cushions and vacuum the crumbs.
21	Give the room a thorough dusting (get the ceiling and corners) and vacuum. Move furniture where possible and get the edges of the carpet.

# Days 22 - 28

## Make Your Office Work for YOU

This is the last week! We're going to work in the office...or at least the space you use to work on the computer and keep your papers in order.

Sorting the papers is the most important task in my opinion. Depending on the size of your stack, it may take a while. I recommend watching a good movie while you do it.

The second most important task is to gather your office supplies in one place. There's nothing more frustrating than having to look all over the house for a stapler when you need one!



## Focus on the Office

Continue to Make Your Bed Everyday

Day	Task
22	Clear the top of your desk and wipe it down. Put stuff from other areas of the house back where it belongs.
23	Sort loose papers to suit your system. File them away. Discard junk mail and other papers with no purpose.
24	Go through the desk drawers. Do you have enough office supplies? Make a list if necessary.
25	Check out all the cords and cables around your desk. Can they be bundled?
26	If you have a printer, organize the supplies it needs.
27	Examine whatever you use as a bulletin board. Are there items that are no longer useful?
28	Organize a place for mailing supplies. Envelopes, stamps, pens, etc.

# You've Finished the 28 Day Tranquil Home Declutter Challenge!

Give yourself a pat on the back! It's amazing how much a series of little tasks can add up to a great big change, isn't it? (Don't stop making your bed every day! It helps your mindset).

I love how comfortable my house is when it's not filled with clutter. It feels lighter and so does my spirit. I hope you're feeling the same.

You may find these posts to be helpful as you move forward:

[Creating Success Beyond the Declutter Challenge](#)

[Developing A Systematic Approach to Keep Your House Clean](#)

Thanks for reading!

