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## 7 DAY DECLUTTER CHALLENGE

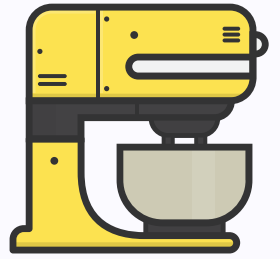
### THE BEDROOM



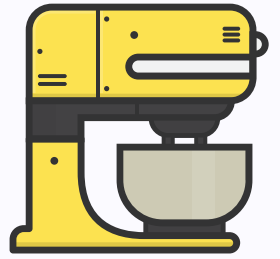
- Promotional tee shirts that you never wear
- Shoes that you haven't worn in a year
- Formalwear that hasn't been worn in years (I'm looking at you bridesmaids dresses)
- Clothing that doesn't fit anymore
- Anything stained
- Broken jewelry or jewelry with missing pieces
- Socks without a match
- Hangers from the dry cleaners
- Stained bedding (sheets, pillows, etc)
- Anything in your nightstand that doesn't belong in a nightstand



- Ripped towels and washcloths
- Stained sheets
- Quilts that you don't use
- Sample sized toiletries
- Magazines
- Moldy shower curtain liners or loofahs
- Makeup more than 6 months old
- Toiletries over a year old
- Makeup that you don't ever use
- Lotions and perfumes that you don't use
- Expired medicines



- Appliances you haven't used in the past year
- Appliances with missing parts
- Pots and pans that you don't use.
- Unused coffee mugs
- Chipped plates, cups or bowls
- Entertaining platters that never see the light of day
- Travel mugs that don't have a lid
- Expired spices
- Expired food
- Opened liquor bottles that haven't been touched in ages



- EVERYTHING in the junk drawer
- Take out menus, coupons and junk mail
- Old household cleaners
- Glasses you no longer use
- Stained or ripped kitchen towels
- Moldy sponges
- Expired condiments
- Moldy refrigerated food
- Leftovers in mystery containers
- More than one of any baking dish, pan or sheet

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## 7 DAY DECLUTTER CHALLENGE

THE LIVING ROOM



- Sofa pillows that are neither comfortable nor match your home decor
- Decorative items that no longer match your decor
- Remote controls for appliances you no longer own
- Stained area rugs
- Broken furniture
- Knick Knacks
- Children's toys
- Excessive blankets or throws

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## 7 DAY DECLUTTER CHALLENGE

THE HOME OFFICE



- Junk mail
- Catalogs & magazines
- Broken pencils & pens
- Scraps of paper
- Expired coupons
- Important paperwork (file it away in a safe place)
- Duplicate office supplies
- Post-it Notes with old reminders
- Old calendars
- Random electrical cords
- Any electronic that no longer works
- Old business cards
- Old planners
- Old receipts

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## 7 DAY DECLUTTER CHALLENGE

THE GARAGE



- Old paint cans
- Trash
- Excessive rags
- Cardboard boxes
- Bicycles with broken parts
- Automobile parts
- Christmas decorations you haven't used in years
- Duplicate tools
- Random electrical cords, plugs, and parts
- Glass vases, flower pots and hanging baskets
- Outdoor toys that the children no longer use
- Snow tubes or pool toys that have a hole