

12-DAY DECLUTTERING CHALLENGE

DAY 1	DAY 2	DAY 3	DAY 4
<i>Remove Spoiled Food in Fridge & Wipe Out</i>	<i>Dispose of Spare or Unused Cords, Cables, Old Phones & Eye Glasses You No Longer Use</i>	<i>Put Away Clean Washing</i>	<i>Clear & Wipe Down Your Kitchen Bench</i>
DAY 5	DAY 6	DAY 7	DAY 8
<i>Dispose of Expired Beauty Products</i>	<i>Sweep Front Porch & Wash Front Door</i>	<i>Organise Your Junk Drawer</i>	<i>Clear & Wipe Down Dining Table</i>
DAY 9	DAY 10	DAY 11	DAY 12
<i>Unsubscribe to Unwanted Email Lists, Delete Old Text Messages & Emails</i>	<i>Remove Expired Food in Pantry</i>	<i>Organise your Wardrobe</i>	<i>Donate Unwanted Clothing & Homewares</i>

12-DAY DECLUTTERING CHALLENGE

DAY 1

REMOVE SPOILED FOOD IN FRIDGE & WIPE OUT

Step One: An easy way to get your fridge in order is to first pull everything out of your fridge.

Step Two: With hot soapy water wipe down each shelf. To help with any smells place a small container of bicarb soda in the back of one of the shelves.

Step Three: Check the expiry date of any jarred food. Dispose of any expired items.

Step Four: Dispose of any fresh food that is starting to turn.

Step Five: Place items back in the fridge. Grouping similar items together and the food that needs to be used first at the front of the fridge. Kmart & Ikea have containers to help organise your fridge space if you wanted more organisation.

Step Six: Write a menu plan for the week to help avoid throwing out food at the end of the week.



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DAY 2

DISPOSE OF SPARE OR UNUSED CORDS, CABLES & KEYBOARDS & DONATE OLD PHONES & EYE GLASSES YOU NO LONGER USE

We all have a box or two full of 'spare' cords and cables just in case. If you haven't used these cords or cables for 12 months or more, I promise you you never will. There is a very good chance those cables don't match any existing electronics you now have. Officeworks has a recycling bin to dispose helping to look after the environment.

Have a look around your home for old phones and eye glasses.

Phones - Officeworks has a recycling bin for old unused/outdated phones, which is an environmentally friendly way to dispose. Remember to save and delete any personal data or documents from your devices before you take them in for recycling.

Eye Glasses - If you have old undamaged prescription eye glasses or unused contact lenses they can be donated to programs like - Lyons Recycle for Sight Program, which is a fantastic way to pay it forward.

DAY 3

PUT AWAY CLEAN WASHING



This is a very simple thing to do, but often gets overlooked during a busy week. Take time today to get all of the washing sorted/folded and put away.

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DAY 4

CLEAR & WIPE DOWN YOUR KITCHEN BENCH



One of the quickest ways to feel an energy shift is to clear the flat surface of a space!

The kitchen bench is an area that accumulates mail, bags, books and dirty dishes. Start by putting the items away in their correct home. (Not just moved to another bench space). Once this is done, wash and dry any dishes and put away. This should now leave your bench free of any unnecessary items. Spray the bench with a disinfectant or lemon essential and wipe. This will immediately transform the space and it will feel amazing!

DAY 5

DISPOSE OF EXPIRED BEAUTY PRODUCTS



We are all guilty of buying more products before using all of what we already have. These older items get pushed to the back of the cupboard and before you know it the years tick by and things expire. Have a rubbish bag handy.

Step One: Pull out all all of the products from your bathroom cupboard, throwing away any expired products or anything you won't or don't use.

Step Two: While the cupboard is empty, give it a wipe out with hot soapy water.

Step Three: Before putting anything away, grouping items into similar categories will make it easier to find when you go to use it. If you are looking for some sort of organisation within your cupboards, again Kmart or Ikea have some great storage solutions to help keep everything orderly.

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DAY 6

SWEEP FRONT PORCH & WASH FRONT DOOR



The porch and front door is an area that can get overlooked, however it is very important to add this to your weekly cleaning routine. This area is where the energy pools and collects before entering your home, so if the area is dirty and cluttered then this is the type of energy that will enter your home.

Today give the porch a sweep and mop and wash the front door with hot soapy water. If there are any shoes or items left at the doorway, pick them up and put them away.

Tend to any plants that may be looking a bit poorly, trim, fertilise and water.

DAY 7

ORGANISE YOUR JUNK DRAW

Everyone has a junk draw usually in their kitchen. It is a draw that things get shoved if you don't have a home for it.

Step One: Empty the drawer - remove all items from the drawer and spread them out on a clean surface. This step allows you to see everything you have and assess each item individually.

Step Two: Sort and categorise - create categories based on the items you have. Common categories may include office supplies, tools, batteries, random items, and more. Group similar items together to make it easier to find and access them later.

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DAY 7
CONTINUED

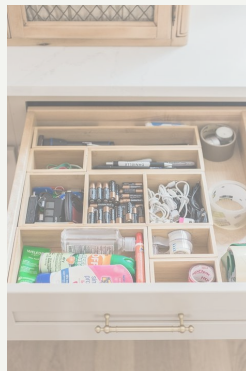
ORGANISE YOUR JUNK DRAW CONTINUED

Step Three: Throw Out Unnecessary Items - While sorting, be honest about what you really need and use from this draw. Discard items that are broken, expired, or haven't been used in a long time.

Step Four: Use Containers or Dividers - it is a great idea to Invest in small containers or dividers to help keep similar items together. Kmart or Ikea have great drawer organizers They can prevent smaller items from getting mixed up and make it easier to maintain order.

Step Five: Prioritise Accessibility - place items that are used frequently towards the front of the drawer for easy access. Items used less often can be stored towards the back. This way, you won't have to rummage through the drawer every time you need something.

Step Six: Label Containers - if you do purchase containers, labelling them it is a helpful way to easily find specific items.



12-DAY DECLUTTERING CHALLENGE

DAY 8



CLEAR & WIPE DOWN DINING TABLE

The dining table is another area that can become the dumping ground for bags, paperwork, school papers etc, making it hard to sit together for meal times.

Take the time today to either throw out or find a home for everything that has collected on the dining table. Once it has been cleared, give it a wipe down. This instantly lifts the feeling in the dining area.

You could place a lovely fresh fruit bowl or flowers in the centre to finish.

DAY 9

UNSUBSCRIBE TO UNWANTED EMAIL LISTS, DELETE OLD TEXT MESSAGES & EMAILS

When life gets busy you tend not to open up emails as often as you should, so before you know it you have hundreds or even thousands of unread emails and old text messages.

A quick way to minimise your inbox from being bombarded is to unsubscribe from a few subscriptions that no longer resonate with you.



12-DAY DECLUTTERING CHALLENGE

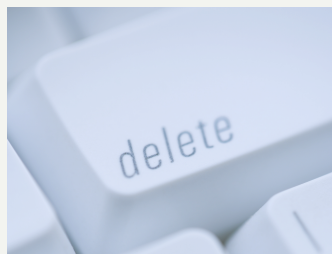
DAY 9
CONTINUED

*UNSUBSCRIBE TO UNWANTED EMAIL LISTS, DELETE OLD TEXT MESSAGES
& EMAILS CONTINUED*

When you have finished unsubscribing from unwanted subscriptions, it is time to start deleting old or unopened emails that are not relevant. It doesn't take long to get into the momentum and before you know it, you have deleted hundreds of unnecessary emails.

Once you have got on top of your inbox, repeat with old text messages and old contacts you no longer need on your phone.

Even though this is stored information on your computer and phone, you will be amazed at how much lighter it feels when you have finished this task!



12-DAY DECLUTTERING CHALLENGE

DAY 10

REMOVE EXPIRED FOOD FROM THE PANTRY

The pantry can be another area that accumulates an excess of things like jars, tins of food and spices.

A tip to help clear out the pantry so you don't get overwhelmed, is one shelf at a time especially if you are on a tight schedule.

Step One: Have a garbage bag ready. Start on the top shelf and work your way down. Remove everything off the shelf.

Step Two: Wipe down the shelf with hot soapy water and dry.

Step Three: Work your way through each item checking the use-by date. If it is expired throw it away and if it is something you know you will never use, donate it to a reputable charity that supports those in need.

Step Four: Before putting the food away, it is helpful to group the same food types together, making it easier to find and less likely to double up and waste money.

Step Five: Again if you wanted to go to the next level in organising the pantry space, Kmart & Ikea have some great storage solutions to help keep the pantry orderly and making it easy to find and minimising waste!

Step Six: Repeat the process for each shelf.



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DAY 11

ORGANISE YOUR WARDROBE

Set aside some time today to go through your wardrobe. Have boxes or bags ready to go labelled donate or rubbish, to help remove the temptation of putting things back you don't need.

It is important to move swiftly when going through your clothing. The aim is to have more in the donate box at the end of this exercise. Playing some music can help keep you motivated while you are working your way through.

Step One: Pull everything out and give the shelving and floors a good wipe down with some Oil of Clove spray to help eliminat any mould and dust.

Step Two: As you look at each item and ask yourself:

- Have I worn this in the past year?
- Does it fit me well?
- Is it in good condition?
- Do I feel confident and comfortable wearing it?
- Does it match my current lifestyle and style?

If it is no to any of these questions, then it should automatically be put in the donate box if it is in good condition, or anything that is damaged/soiled put in the rubbish bag.

Step Three: Organise the keep pile by colour coding, making it easier to find and to use your clothes.

12-DAY DECLUTTERING CHALLENGE

DAY 11
CONTINUED

ORGANISE YOUR WARDROBE CONTINUED

Step Four: When hanging your clothes back, place the hanger back to front so when it is time to do another declutter, you will easily be able to identify what you haven't worn in the 6-12 month period that you can then donate.

Step Five: Shoes - As you look at each pair and ask yourself:

- Have I worn these in the past year?
- Are they comfortable to wear or do they hurt my feet?
- Are they in good condition?
- Do they match my current lifestyle and style?

From your answers either place them in your donations pile if they are in good condition, otherwise any old worn out shoes put straight in the bin.

If you have limited space, consider storing seasonal clothing and shoes in storage containers. Rotate as the seasons change, helping you to keep a clutter-free space.



12-DAY DECLUTTERING CHALLENGE

DAY 12

DONATE UNWANTED CLOTHING & HOMEWARES

Once you have bags or boxes of unwanted clothing and homewares, it is time to load it up in the car and get it to a local charity as soon as possible, so you are not cluttering up another part of your home with bags and boxes of unwanted items. Also if it is left in the house, it can be a temptation to sneak things back.



Congratulations, you should feel very proud of yourself for making it to the end of this 12 Day Declutter Challenge! I bet your home is feeling so much fresher and lighter.

By following these steps, it will have started to transform your home into a well-organised and functional space. Remember that the key to maintaining order is regular maintenance and being mindful of what you choose to keep. I hope this challenge has motivated you to keep going to do the other parts of your home!

Wishing you health, wealth & happiness! Dee x

Photo credit: Pinterest