

The Whole-Home 30-Day Declutter Planner

A realistic, 15-minute daily roadmap to an organized, friction-free home.

30-DAY CHECKLIST

The 15-Minute Rule: Spend strictly 15 minutes per day. If a task isn't fully finished, stop anyway. Micro-progress prevents declutter burnout and builds lasting daily habits.

Week 1: Kitchen & Pantry

Days 1 – 7

- ☐ **Day 1:** Discard expired spices & wipe drawer racks.
- ☐ **Day 2:** Empty silverware drawer; install expandable bamboo tray.
- ☐ **Day 3:** Group dry grains & pastas into clear stackable bins.
- ☐ **Day 4:** Toss mismatched plastic takeout containers & orphan lids.
- ☐ **Day 5:** Tuck 2-tier Lazy Susan into corner cabinet for oils & sauces.
- ☐ **Day 6:** Audit fridge door condiments; compost duplicates & crusty bottles.
- ☐ **Day 7:** Install slide-out 2-tier drawer organizer under the sink.

Week 2: Closets & Wardrobe

Days 8 – 14

- ☐ **Day 8:** Replace mismatched wire/plastic hangers with slim velvet ones.
- ☐ **Day 9:** Purge unworn shoes; hang 24-pocket organizer behind closet door.
- ☐ **Day 10:** Insert acrylic shelf dividers to keep sweaters & bags upright.
- ☐ **Day 11:** File-fold tees & athletic wear with bamboo spring dividers.
- ☐ **Day 12:** Pack off-season winter coats into vacuum compression bags.
- ☐ **Day 13:** Empty closet floor completely; wipe baseboards & vacuum.
- ☐ **Day 14:** Sort socks & intimates; toss singles with missing pairs.

Week 3: Bath, Vanity & Linen

Days 15 – 21

- ☐ **Day 15:** Toss expired sunscreens, medications, and dried mascaras.
- ☐ **Day 16:** Place tiered pull-out acrylic organizer under bath vanity.
- ☐ **Day 17:** Roll bath towels uniformly into woven basket or open shelf.
- ☐ **Day 18:** Clear shower ledge; consolidate half-empty shampoo bottles.
- ☐ **Day 19:** Organize daily morning skincare into a 360° spin tray.
- ☐ **Day 20:** Fold bed sheets into their matching pillowcases.
- ☐ **Day 21:** Deep wash bath mats and clean glass shower door track.

Week 4: Living, Entry & Nightstand

Days 22 – 30

- ☐ **Day 22:** Mount modular pegboard for entryway key & mail drop.
- ☐ **Day 23:** Conceal power strips & charging cords into cable boxes.
- ☐ **Day 24:** Strip nightstand surface down to lamp, coaster & book.
- ☐ **Day 25:** Fold living room throw blankets into a textured floor basket.
- ☐ **Day 26:** Sort paper mail, shred junk flyers, file receipts.
- ☐ **Day 27:** Clean entryway shoe bench; align daily sneakers.
- ☐ **Day 28:** Drop off accumulated donation boxes to local charity.
- ☐ **Day 29–30:** Light a warm candle, step back, and enjoy your peaceful home!