

January 2009

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|---|--|---|---|--|
| | | | | 1 <input type="checkbox"/> Declutter decorations before storing them | 2 <input type="checkbox"/> Give away jackets and winter gear | 3 <input type="checkbox"/> Go through shoes in entryway |
| 4 <input type="checkbox"/> What are your goals for your home? | 5 <input type="checkbox"/> Visualize a streamlined, working kitchen | 6 <input type="checkbox"/> Clean and declutter the counters on the left side | 7 <input type="checkbox"/> Clean and declutter the counters on the right side | 8 <input type="checkbox"/> Discard Tupperware that is old, cracked or missing parts | 9 <input type="checkbox"/> Go through your dish cabinet – any chipped, ugly or not needed? | 10 <input type="checkbox"/> How many pots and pans do you need in your home? |
| 11 <input type="checkbox"/> Make a dream collage out of magazine clippings of what you want | 12 <input type="checkbox"/> Clear off the bathroom counter | 13 <input type="checkbox"/> Declutter one bathroom drawer or shelf | 14 <input type="checkbox"/> Declutter one bathroom drawer or shelf | 15 <input type="checkbox"/> Declutter one bathroom drawer or shelf | 16 <input type="checkbox"/> Declutter one bathroom drawer or shelf | 17 <input type="checkbox"/> Keep a desk notebook on your desk so no more sticky notes |
| 18 <input type="checkbox"/> Practice slowing down today | 19 <input type="checkbox"/> Picture a serene bedroom | 20 <input type="checkbox"/> 15 min pick up of bedroom | 21 <input type="checkbox"/> Take care of a pile of clothes | 22 <input type="checkbox"/> Bring most of your books, papers and magazines to another room | 23 <input type="checkbox"/> Get rid of unmatched socks | 24 <input type="checkbox"/> Take all kid's toys out of the master bedroom |
| 25 <input type="checkbox"/> Go on a hike and reflect on your life | 26 <input type="checkbox"/> What is the purpose of your living room or family room? | 27 <input type="checkbox"/> Clear off the top of the entertainment center | 28 <input type="checkbox"/> Declutter 1 entertainment center cubby | 29 <input type="checkbox"/> Declutter 1 entertainment center cubby | 30 <input type="checkbox"/> Declutter 1 entertainment center cubby | 31 <input type="checkbox"/> Declutter 1 entertainment center cubby |

February 2009

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|--|---|--|---|---|
| 1 <input type="checkbox"/> Stop for 5 minutes | 2 <input type="checkbox"/> Give away unused sports equipment | 3 <input type="checkbox"/> Declutter a shelf in the hall closet or entryway | 4 <input type="checkbox"/> Declutter a shelf in the hall closet or entryway | 5 <input type="checkbox"/> Bring back overdue library books or books you borrowed | 6 <input type="checkbox"/> Dust and declutter one laundry shelf | 7 <input type="checkbox"/> Go through 1 box from the basement/attic |
| 8 <input type="checkbox"/> Savor your meals today | 9 <input type="checkbox"/> Dust and get rid of some knickknacks on top of kitchen cabinets | 10 <input type="checkbox"/> Declutter the silverware drawer | 11 <input type="checkbox"/> Declutter the junk drawer | 12 <input type="checkbox"/> Declutter one kitchen drawer | 13 <input type="checkbox"/> Declutter one kitchen drawer | 14 <input type="checkbox"/> Clean out the freezer |
| 15 <input type="checkbox"/> What are you feeling? | 16 <input type="checkbox"/> Go through towels and turn the ratty ones into rags | 17 <input type="checkbox"/> Discard old medications in medicine cabinet | 18 <input type="checkbox"/> Put office supplies not needed at the moment on a shelf out of the way | 19 <input type="checkbox"/> Sort one paper pile | 20 <input type="checkbox"/> Clean off the left side of the desk | 21 <input type="checkbox"/> Clean off the right side of the desk |
| 22 <input type="checkbox"/> Nurture a relationship | 23 <input type="checkbox"/> Declutter Valentine decorations before storing them | 24 <input type="checkbox"/> Spend 15 min in closet in kids' room or guest bedroom | 25 <input type="checkbox"/> Go through dresser in kid's room or guest room – any clothes outgrown? | 26 <input type="checkbox"/> Clear off the top of your dresser | 27 <input type="checkbox"/> Vacuum under the living room furniture | 28 <input type="checkbox"/> Take donations to Goodwill or the equivalent |

March 2009

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|--|--|---|--|--|
| 1 <input type="checkbox"/> Listen to soothing music | 2 <input type="checkbox"/> Let go of dead houseplants | 3 <input type="checkbox"/> Clear off the dining room table | 4 <input type="checkbox"/> Take care of one pile on the dining room floor | 5 <input type="checkbox"/> Declutter decorations before storing them | 6 <input type="checkbox"/> Clean out your vehicle trunk | 7 <input type="checkbox"/> Declutter and organize a utility shelf in the garage |
| 8 <input type="checkbox"/> Declutter decorations before storing them | 9 <input type="checkbox"/> Clean off papers & magnets on the front of the fridge | 10 <input type="checkbox"/> Discard old spices | 11 <input type="checkbox"/> Declutter around the microwave | 12 <input type="checkbox"/> Clean off kitchen island or one shelf | 13 <input type="checkbox"/> Declutter one kitchen drawer | 14 <input type="checkbox"/> Clean out one food cabinet |
| 15 <input type="checkbox"/> What motivates you? | 16 <input type="checkbox"/> Toss old and unused makeup | 17 <input type="checkbox"/> Schedule email time | 18 <input type="checkbox"/> Schedule voicemail time | 19 <input type="checkbox"/> Schedule daily paper time | 20 <input type="checkbox"/> Spend 15 min decluttering toy or hobby area | 21 <input type="checkbox"/> Declutter a desk drawer |
| 22 <input type="checkbox"/> Declutter decorations before storing them | 23 <input type="checkbox"/> Declutter 1 shelf in the linen closet | 24 <input type="checkbox"/> Declutter 1 shelf in the linen closet | 25 <input type="checkbox"/> Clean out one file drawer | 26 <input type="checkbox"/> Clean out one file drawer | 27 <input type="checkbox"/> Clean out one file drawer | 28 <input type="checkbox"/> Clean out one file drawer |
| 29 <input type="checkbox"/> Spend one on one time with someone you love | 30 <input type="checkbox"/> Declutter the coffee table | 31 <input type="checkbox"/> Declutter one end table | | | | |

April 2009

| April 2009 | | | | | | |
|---|---|---|--|--|---|---|
| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
| | | | 1 <input type="checkbox"/> Which of your strengths can you use to declutter? | 2 <input type="checkbox"/> Be conscious when you buy so you don't bring more clutter in the house | 3 <input type="checkbox"/> Clean out your vehicle backseat | 4 <input type="checkbox"/> Go through 1 box from the basement/attic |
| 5 <input type="checkbox"/> Fly a kite | 6 <input type="checkbox"/> Extra grocery bags | 7 <input type="checkbox"/> Throw out old food in the fridge | 8 <input type="checkbox"/> Declutter one kitchen drawer | 9 <input type="checkbox"/> Declutter one kitchen drawer | 10 <input type="checkbox"/> Declutter one kitchen drawer | 11 <input type="checkbox"/> Throw out things that are broken or get them fixed today |
| 12 <input type="checkbox"/> Play at a playground | 13 <input type="checkbox"/> Throw out anything too old in the first aid kit and update kit | 14 <input type="checkbox"/> Declutter a bathroom shelf or hook | 15 <input type="checkbox"/> Keep a small amount of travel sized products and give away the rest | 16 <input type="checkbox"/> Keep a small amount of travel sized products and give away the rest | 17 <input type="checkbox"/> Sort one paper pile | 18 <input type="checkbox"/> Spend 15 minutes decluttering office or another room |
| 19 <input type="checkbox"/> Enjoy a moment | 20 <input type="checkbox"/> Declutter one bedside table top | 21 <input type="checkbox"/> Declutter one bedside table drawer | 22 <input type="checkbox"/> Discard or repurpose old sheets | 23 <input type="checkbox"/> Declutter under the bed and vacuum | 24 <input type="checkbox"/> Throw out outdated calendars or frame the pictures | 25 <input type="checkbox"/> Make sure every room has a trash can |
| 26 <input type="checkbox"/> Give a hug | 27 <input type="checkbox"/> Declutter one bookshelf | 28 <input type="checkbox"/> Declutter one bookshelf | 29 <input type="checkbox"/> Declutter one bookshelf | 30 <input type="checkbox"/> Declutter one bookshelf | | |

May 2009

| May 2009 | | | | | | |
|---|---|---|---|---|--|--|
| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
| | | | | | 1 <input type="checkbox"/> Clean out your vehicle front seat | 2 <input type="checkbox"/> Go through 1 box from the basement/attic |
| 3 <input type="checkbox"/> Enjoy a novel | 4 <input type="checkbox"/> Declutter one kitchen drawer | 5 <input type="checkbox"/> Do you have too many glasses? | 6 <input type="checkbox"/> Throw out outdated baking supplies | 7 <input type="checkbox"/> Declutter under the kitchen sink | 8 <input type="checkbox"/> Streamline the kitchen table | 9 <input type="checkbox"/> Clean out the pantry |
| 10 <input type="checkbox"/> Get out into nature | 11 <input type="checkbox"/> Throw out empty bottles in the bathroom | 12 <input type="checkbox"/> Use up products with only a little left | 13 <input type="checkbox"/> Declutter hair supplies | 14 <input type="checkbox"/> Declutter the printer caddy | 15 <input type="checkbox"/> Postpone 2 projects | 16 <input type="checkbox"/> Declutter old notebooks |
| 17 <input type="checkbox"/> Go on a picnic | 18 <input type="checkbox"/> Go through one dresser drawer | 19 <input type="checkbox"/> Go through one dresser drawer | 20 <input type="checkbox"/> Go through one dresser drawer | 21 <input type="checkbox"/> Go through one dresser drawer | 22 <input type="checkbox"/> Go through one dresser drawer | 23 <input type="checkbox"/> Declutter one activity you no longer want to do |
| 24 <input type="checkbox"/> Buy flowers for the house 31 <input type="checkbox"/> List what you are grateful for | 25 <input type="checkbox"/> Sort through knickknacks in living room or family room | 26 <input type="checkbox"/> Declutter curio cabinet or living room shelf | 27 <input type="checkbox"/> Sell or giveaway unused exercise equipment | 28 <input type="checkbox"/> Sell or giveaway old videos or DVD's | 29 <input type="checkbox"/> Clear off the top of a coffee table | 30 <input type="checkbox"/> Put your music collection to mp3 and think about letting go your CD's |

June 2009

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|---|--|--|
| | 1 <input type="checkbox"/> Declutter one part of china cabinet | 2 <input type="checkbox"/> Declutter one part of china cabinet | 3 <input type="checkbox"/> Declutter one part of china cabinet | 4 <input type="checkbox"/> Declutter one part of china cabinet | 5 <input type="checkbox"/> Repurpose of get rid of unused tablecloths | 6 <input type="checkbox"/> Use the one in – two out rule to speed up decluttering |
| 7 <input type="checkbox"/> Journal before bed to clear your mind | 8 <input type="checkbox"/> Sort one paper pile in the kitchen | 9 <input type="checkbox"/> Clear off family message center | 10 <input type="checkbox"/> Throw out old menus and pizza flyers | 11 <input type="checkbox"/> Use a whiteboard for family members to write what you are out of | 12 <input type="checkbox"/> Deep clean kitchen | 13 <input type="checkbox"/> Work with the family on outdoor decluttering |
| 14 <input type="checkbox"/> Take the family out for ice cream | 15 <input type="checkbox"/> Get rid of tooth supplies you don't use (and floss tonight!) | 16 <input type="checkbox"/> Declutter one office cubby or drawer | 17 <input type="checkbox"/> Declutter one office cubby or drawer | 18 <input type="checkbox"/> Declutter one office cubby or drawer | 19 <input type="checkbox"/> Recycle any old cell phones: cellforcash.com/ | 20 <input type="checkbox"/> Get rid of broken or old equipment |
| 21 <input type="checkbox"/> Take a retreat at home | 22 <input type="checkbox"/> Go through jewelry box | 23 <input type="checkbox"/> Declutter belts | 24 <input type="checkbox"/> Ask for help | 25 <input type="checkbox"/> Take care of one bedroom pile | 26 <input type="checkbox"/> Start bedroom closet clean out for your clothes | 27 <input type="checkbox"/> Finish bedroom closet clean out for your clothes |
| 28 <input type="checkbox"/> Simplify your hairstyle | 29 <input type="checkbox"/> Declutter your TV time – how much do you watch a day? | 30 <input type="checkbox"/> Declutter one bedroom shelf | | | | |

July 2009

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|---|--|---|--|---|
| | | | 1 <input type="checkbox"/> Spend 15 min decluttering the porch | 2 <input type="checkbox"/> Keep a small amount of travel sized products and give away the rest | 3 <input type="checkbox"/> Get rid of keys you no longer need | 4 <input type="checkbox"/> Beautify your porch |
| 5 <input type="checkbox"/> Be gentle with yourself | 6 <input type="checkbox"/> Declutter dishrags and towels | 7 <input type="checkbox"/> Declutter potholders | 8 <input type="checkbox"/> Store anything you don't use in the kitchen at least monthly | 9 <input type="checkbox"/> Declutter cleaning supplies | 10 <input type="checkbox"/> Copy favorite recipes to the computer then get rid of cookbooks | 11 <input type="checkbox"/> Freecycle old appliances that you have replaced |
| 12 <input type="checkbox"/> Do one thing that makes you happy | 13 <input type="checkbox"/> Go through extra bathroom supplies | 14 <input type="checkbox"/> Recycle magazines in magazine rack | 15 <input type="checkbox"/> Declutter under the bathroom sink | 16 <input type="checkbox"/> Throw out old action files | 17 <input type="checkbox"/> Clear off bulletin board | 18 <input type="checkbox"/> Get all your to do's out of your head and onto paper |
| 19 <input type="checkbox"/> What is your ideal day? | 20 <input type="checkbox"/> Take care of the floor of your clothes closet | 21 <input type="checkbox"/> Declutter one closet shelf | 22 <input type="checkbox"/> Declutter one closet shelf | 23 <input type="checkbox"/> Declutter one bedroom shelf | 24 <input type="checkbox"/> Go through your shoes | 25 <input type="checkbox"/> Clean the rest of your clothes closet |
| 26 <input type="checkbox"/> Send a postcard to a friend | 27 <input type="checkbox"/> Declutter 1 entertainment center cubby | 28 <input type="checkbox"/> Declutter 1 entertainment center cubby | 29 <input type="checkbox"/> Declutter 1 entertainment center cubby | 30 <input type="checkbox"/> Declutter 1 entertainment center cubby | 31 <input type="checkbox"/> Declutter the top of a bookshelf | |

August 2009

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|---|--|---|--|---|
| | | | | | | 1 Get rid of rusted out tools and utensils |
| 2 <input type="checkbox"/> Try something new | 3 <input type="checkbox"/> Throw out old condiments from the fridge | 4 <input type="checkbox"/> Plan a month's worth of meals to cut down on food waste | 5 <input type="checkbox"/> Put refrigerator pictures in acrylic frames – less messy | 6 <input type="checkbox"/> Clean out produce bins | 7 <input type="checkbox"/> Throw out any outdated coffee or tea | 8 <input type="checkbox"/> Declutter and organize any kitchen cabinets that are left |
| 9 <input type="checkbox"/> Gaze at the stars | 10 <input type="checkbox"/> Clean off desk | 11 <input type="checkbox"/> Donate any specialized computer paper you never use | 12 <input type="checkbox"/> Clear off any stairs | 13 <input type="checkbox"/> Throw out old maps and travel literature | 14 <input type="checkbox"/> Spend 15 min in closet in kids' room or guest bedroom | 15 <input type="checkbox"/> Declutter office bookshelf |
| 16 <input type="checkbox"/> What are your top 5 priorities? | 17 <input type="checkbox"/> Clean out under kid's beds or guest beds | 18 <input type="checkbox"/> Declutter toys | 19 <input type="checkbox"/> Declutter kid's bookshelves | 20 <input type="checkbox"/> Clear off your desk | 21 <input type="checkbox"/> Sort your in box | 22 <input type="checkbox"/> Declutter kid's desk or an extra desk |
| 23 <input type="checkbox"/> Give yourself permission to relax today | 24 <input type="checkbox"/> Go through one dresser drawer | 25 <input type="checkbox"/> Go through one dresser drawer | 26 <input type="checkbox"/> Go through one dresser drawer | 27 <input type="checkbox"/> Go through one dresser drawer | 28 <input type="checkbox"/> Declutter board games no one plays anymore | 29 <input type="checkbox"/> Create a debt reduction plan to lighten your debt |
| 30 <input type="checkbox"/> Listen to someone | 31 <input type="checkbox"/> Declutter pet accessories | | | | | |

September 2009

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|---|---|--|---|--|
| | | 1 <input type="checkbox"/> Throw out junk mail in the entry way | 2 <input type="checkbox"/> Declutter one shelf in the garage | 3 <input type="checkbox"/> Recycle old newspapers | 4 <input type="checkbox"/> Clean out your vehicle trunk | 5 <input type="checkbox"/> Go through 1 box from the basement/attic |
| 6 <input type="checkbox"/> Go to bed early | 7 <input type="checkbox"/> Get rid of outdated vitamins | 8 <input type="checkbox"/> Go through the Tupperware cabinet again | 9 <input type="checkbox"/> Declutter breakfast bar or one counter | 10 <input type="checkbox"/> Throw out any melted plastic utensils and clean the crock | 11 <input type="checkbox"/> Declutter bake ware | 12 <input type="checkbox"/> Sort a paper pile in the kitchen |
| 13 <input type="checkbox"/> Deep breathing for 2 minutes | 14 <input type="checkbox"/> Pare down one collection | 15 <input type="checkbox"/> Go through your bill paying folder – file, toss or pay | 16 <input type="checkbox"/> Declutter your feed reader or other information source | 17 <input type="checkbox"/> Get rid of stationary you don't love | 18 <input type="checkbox"/> Toss unused lotions/creams | 19 <input type="checkbox"/> Sell or donate software you no longer use |
| 20 <input type="checkbox"/> Pick apples | 21 <input type="checkbox"/> Declutter any exercise videos or DVD's you don't like | 22 <input type="checkbox"/> Give away any ties that aren't being worn | 23 <input type="checkbox"/> Replace wire hangers with plastic – bring wire to laundry mat | 24 <input type="checkbox"/> Declutter tote bags | 25 <input type="checkbox"/> How many purses do you need? | 26 <input type="checkbox"/> Declutter an office bin |
| 27 <input type="checkbox"/> Make plans to hang out with a friend | 28 <input type="checkbox"/> Sell or give away unused musical instruments | 29 <input type="checkbox"/> Throw out bad photos | 30 <input type="checkbox"/> Replace one negative belief about yourself with something positive | | | |

October 2009

| October 2009 | | | | | | |
|--|--|---|--|--|---|---|
| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
| | | | | 1 <input type="checkbox"/> Declutter your worst room for 15 min | 2 <input type="checkbox"/> Clean out your vehicle back seat | 3 <input type="checkbox"/> Go through 1 box from the basement/attic |
| 4 <input type="checkbox"/> Take a nap | 5 <input type="checkbox"/> Throw out expired coupons | 6 <input type="checkbox"/> How can your kitchen be more nurturing? | 7 <input type="checkbox"/> Clean out and off the bread box | 8 <input type="checkbox"/> Declutter junk food | 9 <input type="checkbox"/> Throw out old food in the fridge | 10 <input type="checkbox"/> Declutter summer outdoor things |
| 11 <input type="checkbox"/> Play a game | 12 <input type="checkbox"/> Use a phone log so you can do away with scraps of paper | 13 <input type="checkbox"/> File and/or throw out any to file papers | 14 <input type="checkbox"/> Catch up on your letters | 15 <input type="checkbox"/> Catch up on your email | 16 <input type="checkbox"/> Delete to do's that are over 6 months old | 17 <input type="checkbox"/> Update your contacts |
| 18 <input type="checkbox"/> How much is enough? | 19 <input type="checkbox"/> Declutter a bedside table | 20 <input type="checkbox"/> Declutter under the bed | 21 <input type="checkbox"/> Declutter any dresser drawers left | 22 <input type="checkbox"/> Go through one collection | 23 <input type="checkbox"/> Declutter old/unused luggage | 24 <input type="checkbox"/> Declutter an area of your home that is an energy drain |
| 25 <input type="checkbox"/> Go to lunch with a friend | 26 <input type="checkbox"/> Recycle old magazines | 27 <input type="checkbox"/> Declutter the "stuff" in your living room with your family | 28 <input type="checkbox"/> How can you create a connecting family space? | 29 <input type="checkbox"/> Declutter entertainment center | 30 <input type="checkbox"/> Spend less time with negative people if you are prone to catching their attitude | 31 <input type="checkbox"/> Declutter your favorite room for 15 minutes |

November 2009

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|---|--|--|---|---|
| 1 <input type="checkbox"/> Do something creative | 2 <input type="checkbox"/> Sort through a box of memorabilia | 3 <input type="checkbox"/> Find activities to delegate | 4 <input type="checkbox"/> Sweep and de-cobweb front porch | 5 <input type="checkbox"/> Winterize your home and car | 6 <input type="checkbox"/> Clean out your vehicle front seat | 7 <input type="checkbox"/> Go through 1 box from the basement/attic |
| 8 <input type="checkbox"/> What's bothering you? Create a plan to counter that. | 9 <input type="checkbox"/> Declutter junk drawer again | 10 <input type="checkbox"/> Sharpen knives | 11 <input type="checkbox"/> Declutter one kitchen drawer | 12 <input type="checkbox"/> Declutter one kitchen cabinet | 13 <input type="checkbox"/> Clean out the freezer | 14 <input type="checkbox"/> Take donations to Goodwill or the equivalent |
| 15 <input type="checkbox"/> Watch a comedy | 16 <input type="checkbox"/> Pare down one collection | 17 <input type="checkbox"/> Uninstall computer programs you don't use | 18 <input type="checkbox"/> Throw out pens that don't write | 19 <input type="checkbox"/> Spend 15 min deleting unneeded computer files | 20 <input type="checkbox"/> Clean off your computer desktop | 21 <input type="checkbox"/> Go through any outgrown kid's clothes to make room for the new |
| 22 <input type="checkbox"/> Forgive someone | 23 <input type="checkbox"/> Spend 15 minutes decluttering the guest bathroom | 24 <input type="checkbox"/> Spend 15 minutes decluttering the bathroom | 25 <input type="checkbox"/> Take care of one paper pile | 26 <input type="checkbox"/> Empty in box | 27 <input type="checkbox"/> Update file system | 28 <input type="checkbox"/> Put away all decorations except holiday ones |
| 29 <input type="checkbox"/> Turn off your cell phone | 30 <input type="checkbox"/> Spend 15 min decluttering toy or hobby area | | | | | |

December 2009

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|--|--|--|---|---|
| | 1 <input type="checkbox"/> Sort through a box of memorabilia | 1 <input type="checkbox"/> Put up your trophies and things you are proud of, or get rid of them | 2 <input type="checkbox"/> Declutter one of your entertaining spaces | 3 <input type="checkbox"/> Set a beautiful table to savor your meals | 4 <input type="checkbox"/> Declutter the laundry room | 5 <input type="checkbox"/> Play music as you declutter the area of your choice |
| 6 <input type="checkbox"/> Do something spiritual | 7 <input type="checkbox"/> Declutter gossip | 8 <input type="checkbox"/> Clean as you go | 9 <input type="checkbox"/> Declutter around the kitchen sink | 10 <input type="checkbox"/> Declutter the counters | 11 <input type="checkbox"/> Spend 15 minutes decluttering the kitchen | 12 <input type="checkbox"/> Deep clean the kitchen |
| 13 <input type="checkbox"/> Take your family to look at the lights | 14 <input type="checkbox"/> Say no to one thing on your calendar this week | 15 <input type="checkbox"/> Get rid of distractions in your work area | 16 <input type="checkbox"/> Filter what you watch, read and listen to | 17 <input type="checkbox"/> Declutter your purse or wallet | 18 <input type="checkbox"/> Put some of your morning routine into your evening routine instead | 19 <input type="checkbox"/> Declutter whining and complaining |
| 20 <input type="checkbox"/> Bake a treat | 21 <input type="checkbox"/> Declutter an area that could be your sacred or quiet time space | 22 <input type="checkbox"/> Where in your bedroom is it still not serene? | 23 <input type="checkbox"/> How can you make your home more supporting and nurturing? | 24 <input type="checkbox"/> Put finishing touches on your celebration areas | 25 <input type="checkbox"/> Listen more than you speak today | 26 <input type="checkbox"/> Get rid of 1 thing that doesn't represent you or your family |
| 27 <input type="checkbox"/> Have a do nothing day | 28 <input type="checkbox"/> Recycle old catalogs | 29 <input type="checkbox"/> Take care of one thing you are tolerating | 30 <input type="checkbox"/> Read articles or a book chapter on decluttering | 31 <input type="checkbox"/> What do you want for next year? | | |

What is clutter?

Clutter is anything that is creating stress in your life, contributing to your overwhelm, or adding wasted time to your day (time looking for lost items, reorganizing, or constant cleaning). A question I get often is, “How do I know if I have too much stuff?” You have too much stuff if you don’t have room for it and it is creating a barrier to living a calmer life.

What are the benefits of a clutter-free life?

- Looks better
- Less stress
- More time
- More energy

Tips

- Ask do I absolutely need it? Do I love it? Do I use it?
- Do you have unrealistic expectations on how much you can do at one time? Can you declutter even one item today and feel accomplished?
- You want to create the space you and your family deserve.
- Much clutter is postponed decisions – you fear the unopened bills, the difficult letter you need to respond to, the invitation you don’t know whether to attend. Make the decision and feel more energetic.
- Things you needed 10 years ago may not be needed now.
- Keep a vision of the room you want as you declutter.
- It is more fun to declutter with friends.

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