

DECLUTTER MY HOME

30 DAY PLANNER



THIS PLANNER BELONGS TO

A large, empty rectangular box with a thin blue border, intended for the user to write their name.



INTRODUCTION

Extra space and a calmer mind starts here!

Some books and websites promise you can declutter your whole house in a weekend. Maybe that's possible if you live in a tiny home or if you get rid of stuff regularly, but most of us will not make enough progress in a weekend of decluttering to call it done.

But thirty days! That's enough to make a real difference. The decluttering days don't even have to be thirty consecutive days. Or thirty whole days if you only have a few hours each day to spare.

Take days off decluttering if you are busy, but try not to let the project go on too long. Keep your momentum going and as you get rid of unwanted items, you will feel a big weight lifting from your shoulders.

You will get a whole lot done in thirty days, I promise, and it's enough to get pretty much any home completely decluttered.

If you don't finish every single room in your home and every single category of junk, don't beat yourself up. You did great and you can always take the challenge again and schedule another thirty days of decluttering in the future.

In fact, it's a good idea to do this at least once a year whether you finish or not. It's amazing how more clutter finds its way into your home over time.

As far as the timetable goes, Days 1 to 5 have been set aside as planning days with a couple of quick wins so that you can already see some progress. If you prefer, you can get all of your planning out of the way more quickly and have extra days for decluttering. But don't skip the planning altogether. You'll need it to stay on track.

If you need help or support, e-mail us at info@millennialhomeowner.com.

We're rooting for you,

Cat + Andrew

DAY ONE

Think about your WHY. What will you gain by decluttering your home? (Will it save you time cleaning/looking for things? Will you feel less stressed? happier? Will it stop you overbuying in the future etc) Come back to this page to reread your WHY if your motivation drops.

QUICK WIN

Set a timer for 10 minutes and tidy one surface or drawer or room. How good does that feel?



DAY TWO

We are going to move systematically through your home decluttering it step by step. But there are two ways to do this.

1. Room by Room (a good method if you know your stuff is more or less in the right place e.g kitchen equipment in the kitchen, clothes in the closet etc)
2. Category of item by category (the best method if your stuff is spread all over the place and you're not aware of how much stuff you have)

Survey your home and decide which method will work best for you. If most of your stuff is in the right place, but you have a few things (e.g. books, shoes, coats) spread about, choose the Room by Room method but note the categories here that you want to tackle one by one. (You'll find a handy list on DAY THREE.)

QUICK WIN

Empty the trash cans and then find ten more things to add to the trash. You're on your way!



DAY THREE

Which categories of items do you need to declutter? Here's a list. Check off those you have and add any categories you have that are not included here.

Clothes	Shoes	Accessories	Jewelery	Furniture
Rugs	Kitchen Equipment	Food (pantry/fridge/ freezer)	Dishes	Silverware
Bed and table linen/blankets and throws/ pillows/duvets/ coverlets	Towels/Beach Towels	Curtains and shades/blinds	Cleaning equipment and supplies	Ornamental items/Pictures/ Framed Photographs
Books	Newspapers/ Magazines/ Catalogs/ Pamphlets	Toys	Pet supplies	Medicine/Vitamins/ First Aid equipment
CDs/DVDs	Electrical Equipment	Old computer/ phones	Craft Supplies and Equipment/Half- finished projects	Memorabilia/ Souvenirs/Old letters & cards/ Photographs
Sportsgear/Exercise equipment	Tools	Decorating supplies and equipment	Gardening equipment and supplies/Garden furniture and ornaments/ Plant Pots	Seasonal decorations
Plants/vases	Personal care products/makeup	Paperwork	Stationery/Pens/ Pencils	Old schoolwork
	Gifts you never liked	Gift wrap and mail supplies	Trash ("might be useful one day" e.g. plastic bags, glass jars, boxes)	

DAY THREE (CONTINUED)

Think about the rooms in your home you are going to deal with one room at a time. Add any rooms that are not included here. Add major areas where clutter gathers in each space.

<input type="checkbox"/>	Hall/Porch
<input type="checkbox"/>	Master Bedroom
<input type="checkbox"/>	Guest Bedroom
<input type="checkbox"/>	Children's Rooms/Playroom
<input type="checkbox"/>	Bathroom(s)
<input type="checkbox"/>	Living Rooms
<input type="checkbox"/>	Dining Room
<input type="checkbox"/>	Basement/Den
<input type="checkbox"/>	Home Office
<input type="checkbox"/>	Kitchen
<input type="checkbox"/>	Utility Room
<input type="checkbox"/>	Attic
<input type="checkbox"/>	Garage
<input type="checkbox"/>	Yard/Garden Buildings/Storage



DAY FOUR

The grid on the following page is an example of a 30-day decluttering plan.

This hybrid plan is an example of how I would tackle decluttering my home. I don't have an attic, basement, or garage, and just two very messy adults alongside me who are responsible for their own stuff.

Fill out the blank plan on the page after that to suit you, your home and your family. Remember, you don't have to do thirty days in a row, although the sooner you do them, the sooner you'll reach your goal of a clutter free home.



SAMPLE 30 DAY PLAN

1. Planning Day	2. Planning Day	3. Planning Day	4. Planning Day	5. Planning Day
6. Clothes (tops/me)	7. Clothes (bottoms/me)	8. Other clothes, accessories and shoes (me)	9. Remainder master bedroom	10. Guest room
11. Bathrooms	12. Kitchen	13. Continue with Kitchen	14. Books	15. Books
16. Halls and plants/vases	17. Living room (closet excluding memorabilia)	18. Dining room dishes/glasses etc	19. CDs/DVDs	20. Garden sheds (if fair weather otherwise swap)
21. Closet under the stairs	22. Utility room	23. Home Office	24. Photographs	25. Photographs
26. Stuff from Dad's house	27. Stuff from in-laws	28. Other Memorabilia	29. Anything I forgot! (also has Hubby done his office/tools etc?)	30. Review and Celebrate!



30 DAY DECLUTTERING PLAN

1. Planning Day	2. Planning Day	3. Planning Day	4. Planning Day	5. Planning Day
6.	7.	8.	9.	10.
11.	12.	13.	14.	15.
16.	17.	18.	19.	20.
21.	22.	23.	24.	25.
26.	27.	28.	29.	30.



DAY FIVE

Now you have a clear idea of the scale of the task and a plan for the next 25 days, decide if you need supplies to help with your efforts. I don't mean expensive storage solutions, unless you have a good reason to buy these. The idea is to get rid of clutter, not purchase new things so you can keep more of it.

Gather together some large bags and boxes so you have a place to put items to trash and another place for items to donate.

Also today, research your local area consignment or charity shops and find out where you can take the trash that will not get picked up. Make notes of opening hours/address etc in the space below.

Decluttering starts for real tomorrow!



DAYS SIX TO THIRTY

Each day before you begin decluttering, fill in.

- The date.
- Your decluttering goal for the day (whatever it was from the 30 day plan for example declutter CDs/DVDs).
- Take a before picture on your phone if you can, otherwise write a few sentence about the state of things before you declutter them.

If you're decluttering a category, pile together all the items of that type so you can see how much you have and that it's okay to let some go.

If you're decluttering a room, systematically work through it, one area at a time.

As you declutter ask yourself these important questions:

- Do I use this?
- Do I like it?
- Do I have another similar item that's better?
- Do I need more than one if I do?
- Would I buy it again?
- Is this part of the life I want to have?
- Is this necessary for an emergency or to prevent one? (toilet plunger/fire extinguisher looking at you)
- Would I rather have more free space than store this item?
- If it's sentimental, could a picture of the item remind me just the same as the actual item?



At the end of the day, when you're finished, complete these steps:

- Remove the trash and items to donate. Put them in your car or outside ready to take away.
- Take another picture to show the changes in your space or describe the differences.
- Pat yourself on the back.
- Make yourself a nice cup of tea or coffee.
- Give yourself a big gold star, or giant checkmark on the 30 day plan and/or daily page.
- Add how many items you trashed or donated.

If you don't manage to finish those tasks:

Add the remaining part to your plan for another day. Write on your daily sheet what got in the way and how you will manage to complete the task on another day.



DAY SIX

Date: _____

Decluttering Goal

BEFORE



Not finished? What got in the way?
Tips for next time?

AFTER



Number of items decluttered:



DAY SEVEN

Date: _____

Decluttering Goal

BEFORE

Not finished? What got in the way?
Tips for next time?

AFTER

Number of items decluttered:



DAY EIGHT

Date: _____

Decluttering Goal

BEFORE



Not finished? What got in the way?
Tips for next time?

AFTER



Number of items decluttered:



DAY NINE

Date: _____

Decluttering Goal

BEFORE



Not finished? What got in the way?
Tips for next time?

AFTER



Number of items decluttered:



DAY TEN

Date: _____

Decluttering Goal

BEFORE



Not finished? What got in the way?
Tips for next time?

AFTER



Number of items decluttered:



DAY ELEVEN

Date: _____

Decluttering Goal

BEFORE



Not finished? What got in the way?
Tips for next time?

AFTER



Number of items decluttered:



DAY TWELVE

Date: _____

Decluttering Goal

BEFORE

Not finished? What got in the way?
Tips for next time?

AFTER

Number of items decluttered:



DAY THIRTEEN

Date: _____

Decluttering Goal

BEFORE



Not finished? What got in the way?
Tips for next time?

AFTER



Number of items decluttered:



DAY FOURTEEN

Date: _____

Decluttering Goal

BEFORE



Not finished? What got in the way?
Tips for next time?

AFTER



Number of items decluttered:



DAY FIFTEEN

Date: _____

Decluttering Goal

BEFORE



Not finished? What got in the way?
Tips for next time?

AFTER



Number of items decluttered:



DAY SIXTEEN

Date: _____

Decluttering Goal

BEFORE



Not finished? What got in the way?
Tips for next time?

AFTER



Number of items decluttered:



DAY SEVENTEEN

Date: _____

Decluttering Goal

BEFORE



Not finished? What got in the way?
Tips for next time?

AFTER



Number of items decluttered:



DAY EIGHTEEN

Date: _____

Decluttering Goal

BEFORE



Not finished? What got in the way?
Tips for next time?

AFTER



Number of items decluttered:



DAY NINETEEN

Date: _____

Decluttering Goal

BEFORE



Not finished? What got in the way?
Tips for next time?

AFTER



Number of items decluttered:



DAY TWENTY

Date: _____

Decluttering Goal

BEFORE

Not finished? What got in the way?
Tips for next time?

AFTER

Number of items decluttered:



DAY TWENTY-ONE

Date: _____

Decluttering Goal

BEFORE



Not finished? What got in the way?
Tips for next time?

AFTER



Number of items decluttered:



DAY TWENTY-TWO

Date: _____

Decluttering Goal

BEFORE



Not finished? What got in the way?
Tips for next time?

AFTER



Number of items decluttered:



DAY TWENTY-THREE

Date: _____

Decluttering Goal

BEFORE



Not finished? What got in the way?
Tips for next time?

AFTER



Number of items decluttered:



DAY TWENTY-FOUR

Date: _____

Decluttering Goal

BEFORE



Not finished? What got in the way?
Tips for next time?

AFTER



Number of items decluttered:



DAY TWENTY-FIVE

Date: _____

Decluttering Goal

BEFORE



Not finished? What got in the way?
Tips for next time?

AFTER



Number of items decluttered:



DAY TWENTY-SIX

Date: _____

Decluttering Goal

BEFORE



Not finished? What got in the way?
Tips for next time?

AFTER



Number of items decluttered:



DAY TWENTY-SEVEN

Date: _____

Decluttering Goal

BEFORE

Not finished? What got in the way?
Tips for next time?

AFTER

Number of items decluttered:



DAY TWENTY-EIGHT

Date: _____

Decluttering Goal

BEFORE



Not finished? What got in the way?
Tips for next time?

AFTER



Number of items decluttered



DAY TWENTY-NINE

Date: _____

Decluttering Goal

BEFORE



Not finished? What got in the way?
Tips for next time?

AFTER



Number of items decluttered:



DAY THIRTY

Date: _____

Decluttering Goal

BEFORE



Not finished? What got in the way?
Tips for next time?

AFTER



Number of items decluttered:



REVIEW

How does your home feel now?

What is still left to do?

What did you like about the process?

What will you do differently next time?

NOTES

A large, empty rectangular box with a thin blue border, intended for taking notes.