

# **21 DAY DECLUTTER**

## *challenge*



**"The first step in crafting the life you want is to get rid of everything you don't."**

**- Joshua Becker**

# 5 Tips to Start Decluttering

- **Set aside time to declutter. Every day? Every week? Every month? You decide!**
- **During your chosen decluttering time, pick ONE area to work on.**
- **Bathrooms, junk drawers, or paper clutter are easy places to start if feeling overwhelmed.**
- **Larger areas, like the kitchen or bedroom closet, tend to take longer. Utilize boxes labeled Toss, Donate, Keep, and Sell to help with the process.**
- **Congratulate yourself for a job well done! Remember, progress over perfection!**





**Get started today! The list below purposefully starts with typically easier places to declutter, with the intention you will gain momentum to tackle more difficult areas. However, this is YOUR challenge! There are no rules! Give yourself permission to do this challenge in a way that works for you. Can't do 21 days in a row? That's ok! Can only do 14 days? Perfect! Don't have a garage? Kids are too old for toys? No problem! Skip those days or replace with an area that makes sense for you. You got this Mama!**

# 21 DAY DECLUTTER

## challenge

- Day 1 Main Bathroom
- Day 2 Shoes
- Day 3 Junk Drawer
- Day 4 Cleaning Supplies
- Day 5 Medicine Cabinet
- Day 6 Paperwork
- Day 7 Laundry Room
- Day 8 Kitchen Pantry
- Day 9 Purse/Rink Bag
- Day 10 End Table/Nightstand
- Day 11 Linen Closet
- Day 12 Fridge
- Day 13 Phone/Computer
- Day 14 Kids Closet
- Day 15 Hockey Equipment
- Day 16 Jerseys/Socks
- Day 17 Kitchen Dishes/Cups/Glasses
- Day 18 Kitchen Appliances/Pots/Pans
- Day 19 Toys
- Day 20 Garage
- Day 21 Bedroom Closet



## *Good Luck!*

I hope this challenge gives you a jump start on decluttering! Any questions? Send me a DM on Instagram or shoot me an email.

If this info was helpful to you and you're interested in finding more resources to help simplify your busy days as a hockey mom, head over to [thepurposefulhockeymom.com](http://thepurposefulhockeymom.com) and check out all the resources we have to offer.

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