CHALLENGES

7-Day Declutter Reset

Work at your own pace. Tick off what you finish and leave the rest for another session.

Date: _____ | 35 tasks

Use a product suited to the surface and follow its label. Never mix cleaning products. Keep them away from children and pets.

01 / Day 1: Declutter the entryway

- [ ] Remove shoes that do not belong there
- [ ] Put away bags, coats, and accessories
- [ ] Throw away old receipts and paper clutter
- [ ] Wipe the entry table or shelf
- [ ] Make space for daily essentials

02 / Day 2: Clear kitchen surfaces

- [ ] Remove items from countertops
- [ ] Put dishes and food away
- [ ] Throw away expired or empty items
- [ ] Wipe counters and small appliances
- [ ] Keep only daily-use items visible

03 / Day 3: Declutter the living room

- [ ] Collect cups, plates, and trash
- [ ] Fold blankets and arrange pillows
- [ ] Put books, toys, and remotes back
- [ ] Clear the coffee table
- [ ] Remove items that belong in other rooms

04 / Day 4: Clear bedroom clutter

- [ ] Pick up clothes from the floor or chair
- [ ] Put clean clothes away
- [ ] Add laundry to the basket
- [ ] Clear the bedside table
- [ ] Remove items that do not belong in the bedroom

05 / Day 5: Declutter bathroom items

- [ ] Throw away empty bottles
- [ ] Remove expired products
- [ ] Organize daily-use toiletries

- [ ] Clear the sink area
- [ ] Wipe shelves, drawers, or baskets

06 / Day 6: Declutter one closet area

- [ ] Choose one shelf, drawer, or section
- [ ] Remove items you no longer use
- [ ] Group similar items together
- [ ] Fold or hang clothes neatly
- [ ] Create a donate or recycle pile

07 / Day 7: Finish your declutter reset

- [ ] Walk through your home
- [ ] Pick up anything out of place
- [ ] Put away remaining clutter
- [ ] Empty small trash bins
- [ ] Refresh one area you use every day

Notes & next steps

Continue in the Tidy app

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