



The Six Week Decluttering Challenge

Compliments of

Rest & Relax

The Six Week Decluttering Challenge

Spending time decluttering may not be the first thing that you think of doing during the summer, but it is actually a great time to get things done! In general, the days are a little more laid back, daily routines are more relaxed, and the nicer weather tends to improve energy levels. See? The perfect time to declutter! 😊



The Six Week Decluttering Challenge

Decluttering your house doesn't have to be a huge time commitment – with a plan in place, a little organization, and a few hours per week, you can easily work towards a more peaceful, organized home that you can truly relax in. The 6 Week Decluttering Challenge allows more flexibility with the projects that you will be working on and how you want to use your time throughout the week – whether it be a little each day or a big chunk of time on the weekend or evening. Basically, *you* will be the one customizing your plan, so you can really target those problem areas in your home.

So the first thing that you will need to get started on the challenge is a plan. Each Monday, We will have a printable worksheet for you along with some decluttering tips. All you need to do is print it off, determine what "mini-projects" you will be working on in your space, write down when you are going to do it during the week, and then DO IT! Here are the rooms that we will be doing...

So who's ready to get started? Let's see how much stuff *you* can let go of over the next 6 weeks! It will be well worth it in the end!

WEEK ONE: Kitchen/Dining Room

WEEK TWO: [Bathrooms](#)

WEEK THREE: [Master Bedroom](#)

WEEK FOUR: [Kids' Rooms](#)

WEEK FIVE: [Living Room/Family Room](#)

WEEK SIX: [Garage/Basement/Other Storage Areas](#)

The Six Week Decluttering Challenge

- This plan focuses on the actual decluttering process itself – getting rid of all of those unloved and unused items that are just taking up space in your home. The goal is to let go of as much stuff as possible in as short a time as possible. While you will be spending a *little time* organizing items as you put them away, this is not going to be the time to take on any major DIY organization projects. If you have any great ideas for future projects as you are working through the plan, write it down on the weekly printables provided and come back to it once you have lived in your newly decluttered space for a bit!
- Each week we will be working on a different area in the home. You will pick *at least* one problematic clutter area from the room as your project for the week. This can include closets, cupboards, a cluttered corner, etc. – whatever areas are causing you stress! Feel free to do as many “mini-projects” throughout the week; however, **you MUST complete one project before beginning another.**
- Choose your time commitment. This will be a little different for everyone, but try to aim for at least 3-4 hours per week. You can do it in one solid chunk if you have a big project that you are working on, or break it down into smaller time periods a few times per week. Write it in your plan {you can download it [HERE](#)} and stick to it!
- When you are working on your space, **you must empty EVERYTHING out!** This will allow you to truly see everything that is in there and makes it much easier to organize those items that are going back in. Take the time to honestly evaluate every item – if you do not love it, use it, and need it, it should probably be in the garbage or donate pile. If you are having difficulties getting rid of things, you may want to read [this post](#) for some helpful tips on [overcoming decluttering paralysis](#).

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So who's ready to get started? Let's see how much stuff you can let go of over the next 6 weeks! It will be well worth it in the end!

This week we will be working on **the kitchen and dining room**. Projects could include decluttering the kitchen cabinets or the pantry, working on clearing off your countertops, getting rid of old recipe books that you no longer use, or sorting through kitchen gadgets and other small appliances. Start with whatever areas are the most problematic for you and break tasks down into manageable projects that will fit the time that you have available. You may have one large project that you want to tackle or a few smaller areas that need attention – it is all up to you!

For more organization ideas, check out these posts...

[How to Declutter](#)

The Six Week Decluttering Challenge

six week THE DECLUTTERING CHALLENGE

Week #1: The Kitchen

Goals	Date
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Notes

Future Ideas

[DOWNLOAD WEEK ONE HERE](#)

The Six Week Decluttering Challenge



... *The Six Week* ...
DECLUTTERING CHALLENGE
Customize your plan!



.....
DECLUTTERING 101:
To Sell or Not To Sell
.....

5

QUESTIONS TO ASK
BEFORE YOU SELL
YOUR STUFF



To Sell or Not To Sell