THE CHALLENGE

The 30-Day *Declutter* Challenge

One small category a day — with the why and the how for every single day. Thirty small decisions that add up to a lighter, calmer home.



WELCOME

A note before you start

Hey friend,

Decluttering doesn't have to mean clearing your whole house in a single overwhelming weekend. It can mean one small, manageable category a day — something so small it feels almost too easy. That's the point.

This challenge is built around momentum. We start with quick wins in the kitchen, move into the visible clutter that bothers you every day, knock out some fast categories, and finish with a proper wardrobe edit. By Day 30 you will have touched thirty different areas of your life — and you will feel the difference in all of them.

Each day in this guide tells you what to tackle, why it matters, and a quick tip to make it easier. No pressure to be perfect. No guilt if you miss a day — just pick back up where you left off.

Let's go.

Taya

Taya Wright · Just Organized by Taya™ · NAPO Member

YOUR PROGRESS

0 of 30 days complete

HOW TO USE THIS GUIDE

This is a workbook, not just a read. Tick off each day as you finish it — your progress saves automatically on this device and the bar above fills as you go. Use the buttons in the corner to print a clean copy or reset your progress anytime.

THE FOUR WEEKS

Week 1	Easy Momentum	Days 1–10 · The kitchen
Week 2	Visible Clutter Relief	Days 11–17 · Surfaces & rooms
Week 3	Quick Cleanup Wins	Days 18–22 · Fast categories
Week 4	Wardrobe Edits	Days 23–30 · The closet

WEEK 1

Easy Momentum

We start in the kitchen with quick, satisfying wins — small enough to feel almost too easy, exactly the way momentum is built.

Days 1–10 0 of 10 done

DAY I

Kitchen Counter

A cluttered counter is the first thing you see every morning and the last thing you see every night.

TIP Set a timer for 10 minutes. You'll be amazed what a difference one small win makes.

DAY 2

The Fridge

Expired condiments and forgotten leftovers are costing you money every single week.

TIP Be honest with yourself today. You'll feel lighter the second you open that door tomorrow.

DAY 3

Kitchen Table

If you can't remember the last time you ate a meal at this table, it's become storage, not furniture.

TIP Give yourself permission to clear it fully. Notice how different the room feels.

DAY 4

Mugs

Almost every household has triple the mugs they need.

TIP Keep your favorites. Someone else out there would love the ones you never reach for.

DAY 5

Oils, Vinegars & Sauces

These expire faster than most people realize, and the half-used bottles add up fast.

TIP This one's quick — and surprisingly satisfying once it's done.

DAY 6

Spices

Spices lose potency faster than most people realize — that jar isn't doing much for your cooking anymore.

TIP A fresh spice cabinet is one of the easiest wins on this whole list.

DAY 7

Kids' Cups & Lunch Containers

Mismatched lids and cracked containers take up space and never get used.

TIP This drawer trips up almost everyone. You're not alone — just get started.

DAY 8

Plates

Like mugs, most households have more plates than people who eat off them.

TIP Keep enough for your household plus guests. Let the rest go to someone who needs them.

DAY 9

Water Bottles

Every house has the water bottle drawer that won't close.

TIP You know exactly which ones you reach for. Trust that instinct today.

DAY 10

Food Storage Containers

This is the drawer everyone dreads — and the one that feels the best once it's done.

TIP You've made it through Week 1. This one's worth celebrating once it's done.

WEEK 2

Visible Clutter Relief

Now we tackle the surfaces and rooms you see every day — small spaces with an outsized effect on how calm your home feels.

Days 11–17 0 of 7 done

DAY 11

Nightstand

Your nightstand should help you wind down, not remind you of everything you haven't dealt with.

TIP This is a small space with a big emotional payoff. Give it the time it deserves.

DAY 12

Dresser Top

Flat surfaces attract clutter faster than almost anywhere else in the house.

TIP Clear it completely today. You'll be surprised how much calmer the room feels.

DAY 13

Coffee Table

This is one of the most visible surfaces in your home — and usually one of the most cluttered.

TIP This is a space your whole household sees every day. Worth the few minutes it takes.

DAY 14

Dining Table

If this table is covered, you've lost one of the most important gathering spaces in your home.

TIP Clear it fully today. Notice how different the room feels by dinner time.

DAY 15

Entryway / Drop Zone

This is the first impression of your home — for you and for everyone who walks in.

TIP Be honest about what's been sitting here for months. Letting it go feels better than you'd think.

DAY 16

Playroom / Mini Doom Pile

You know the pile. The one you avoid looking at.

TIP Everyone has one of these. Today's the day you stop avoiding it.

DAY 17

Bathroom Towels

Worn, thin, mismatched towels take up linen closet space for no good reason.

TIP You've made it through Week 2 — the visible stuff. That takes real momentum.

WEEK 3

Quick Cleanup Wins

A short, fast week of categories almost nobody thinks to declutter — each one quicker than it looks.

Days 18–22 0 of 5 done

- [ ] DAY 18 — **Makeup**
  Makeup has a shelf life, and most of us are holding onto products well past it.
  TIP Trust your gut on this one. If something feels off, it probably is.

- [ ] DAY 19 — **Skincare**
  Same rule as makeup — expired skincare isn't doing your skin any favors.
  TIP When in doubt, let it go. Your skin will thank you.

- [ ] DAY 20 — **Bathroom Counter**
  A cluttered counter makes a small bathroom feel even smaller.
  TIP If you haven't used it in the last month, it doesn't need to live on the counter. Let it go.

- [ ] DAY 21 — **The Car**
  Your car is a room too — and it's one almost nobody thinks to declutter.
  TIP Grab a trash bag and give yourself five minutes. You'll be amazed what's accumulated.

- [ ] DAY 22 — **Junk Mail & Paper Pile**
  Paper clutter multiplies fast and rarely gets dealt with until it's a real problem.
  TIP Don't overthink this one. Most of it can go — and it will feel great when it does.

WEEK 4

Wardrobe Edits

We finish with a proper closet edit — one category at a time, keeping only what actually earns its space.

Days 23–30 0 of 8 done

DAY 23

T-Shirts

Most people wear the same handful of t-shirts on repeat and keep the rest out of habit.

TIP Be honest about what you've actually worn this year. The rest can go.

DAY 24

Jeans

Jeans take up significant closet space and most people only wear two or three pairs regularly.

TIP If it doesn't feel good on, it doesn't need to stay. Trust how you feel, not how you remember feeling.

DAY 25

Shoes

Shoes that hurt, shoes that are worn out, shoes bought for an occasion that's long passed.

TIP Comfort and use matter more than what you spent. Let go of what you don't reach for.

DAY 26

Handbags

Bags are one of the easiest categories to over-accumulate.

TIP Keep what you actually use. The rest deserves to be loved by someone else.

DAY 27

Jackets

Outerwear piles up because it feels harder to part with — but most households have far more than they need.

TIP This one can feel sentimental. Give yourself grace, and let go of what no longer fits your life.

DAY 28

Leggings

Worn out, pilled, stretched out at the knee — leggings wear out faster than people realize.

TIP If they've lost their shape, they've lost their job. Let them go without guilt.

DAY 29

Pajamas

Old, stained, stretched out sleepwear takes up drawer space for things you don't actually want to wear.

TIP You deserve to feel good getting into bed every night. Keep only what does that for you.

DAY 30

Belts

The final day. A small category, but a satisfying one to finish on.

TIP Look how far you've come. Thirty days, thirty decisions — and a lighter home to show for it.

WORKSHEET

Thirty Days Later

Thirty small categories. Thirty small decisions. None of them felt huge on their own — but added together, that is real, lasting change. Take a few minutes to notice the difference before you move on.

Which day surprised you most — the one that felt better than you expected?

Write a line or two...

What was hardest to let go of, and how do you feel now that it's gone?

Write a line or two...

Which space feels the most different to walk into now?

Write a line or two...

What is one habit you want to keep up to stay this light?

Write a line or two...

YOU DID IT

A lighter home to show for it

This challenge was about decluttering — letting go of what no longer earns its space. If you're ready for the next step, that's exactly what I help clients with.

- **Build real systems** so everything you kept has a proper home and stays that way.
- **Make it last** with routines that fit your household, not someone else's.
- **Reclaim your time** — less daily tidying, more room to breathe.

READY FOR WHAT COMES NEXT?

Let Just Organized by Taya help

Now that you've decluttered, let's build the systems that keep everything you kept in its place — for good.

I work with clients in person in Houston and virtually from anywhere. Book a session and we'll build a personalized plan that meets your unique needs.

VISIT
justorganized.org

CALL
832-271-7608