

# Declutter your life

## 7-DAY CHALLENGE

### Day 1: Kitchen

- Purge fridge: throw out all expired items
- Purge your pantry: throw out all expired
- Match food storage containers with lids; toss out those who don't have a pair
- Junk drawer: Arrange- group items together (tape, pens/pencils, coins, etc)
- Under sink: toss expired/unused cleaners
- Toss:
  - rusted/unusable pans/utensils that no longer fully function
  - Broken appliances
  - Chipped or cracked glass and mugs
  - Gather up all reusable bags. Keep 5-7, toss the rest

### Day 2: Paper/Mail

1. Get a few small boxes/files to separate all your mail in
2. Label them these categories:
  - important docs
    - Finance
    - Vehicle
    - Medical
    - Education
  - Manuals/warranties
3. Collect all your documents/mail and put it in one big box
4. Sort them out. Toss duplicates/unimportant stuff out

### Day 3: Living room

- Toss:
  - Newspapers
  - Old magazines
  - Toys your pet doesn't care for anymore
  - Books: Have I referenced this book in the last year? Will I in the future? (if no to both, toss)
- Donate wall art you don't like
- Throw away unused wires/chargers

### Day 4: Garage + Hallway closet

- Donate stuff you haven't used in the last 12 months & wont use in the future
- Keep one set of blankets/pillows (1 blanket, 2-3 pillows) & toss the rest
- Put all holiday stuff in one box/toss what doesn't "spark joy" anymore
- Luggage: try to fit as many little travel bags into one big luggage to save room
- Toss:
  - games with missing pieces
  - anything broken or outdated
  - damaged airmattress
  - (almost empty) gift wrapping paper rolls

## Day 5: Media

- Emails
  1. Download the "Unroll.Me" app + set it up
  2. Unsubscribe to all the emails you wish to.
  3. After finishing unsubscribing, click the pencil icon in the upper right hand corner to access the list of companies you unsubscribed from.
  4. Get a piece of paper and write all these company names down
  5. Close the app
  6. Go to your email inbox. (Individually) Type each of those company names you wrote down into the search bar
 

Example: First company I type in the search bar is: "BestBuy".

    - Click enter. (All emails from BestBuy will be listed)
    - Check the box on the upper left hand side to "delete all"
    - Repeat steps with every company on your piece of paper

That should shrink the "unread" number of emails/clean out hundreds if not thousands of unwanted emails in your inbox + unsubscribe to further unnecessary mail :)
- Phone
  - Delete apps you don't use (if you want to, group your remaining apps together)

Example: All photo editing apps in one folder, all bank/finance related apps, etc

  - [Photos] Go to "screenshots" folder and mass delete any screenshots you don't wanna keep (memes, pics, etc), delete other photos you can live without or multiples/blurry pics, etc

## Day 6: Bedroom closet

- Purge closet
 

Ask yourself:

  - Does it fit?
  - Have I worn it in the last 6 months?
  - Will I ever wear it again?
  - Is it currently in style/represent my style?
  - Is it damaged? Will I find time to fix it?
  - If I were shopping right now, would I buy it?

If no to any of these, donate!
- Put winter clothes in a box + store away
- Throw out any broken shoes & purses

## Day 7: Under the sink

- Toss
  - testers/samples of makeup/perfume/soap
  - dried up nail polish
  - old beauty products (refer to page 3 for expiration dates)
- Categorize leftover items in boxes w/these categories:
  - medicine (bandaids, Advil, cough drops)
  - travel (small containers for shampoo/soap/makeup, hand sanitizer, ear plugs)
  - makeup (the makeup that isn't included in your "everyday look")
  - dental (extra floss, cleaning tools, extra toothpaste)
  - nails (nail polish remover, nail polish, nail files)
  - face (creams, face masks, bath bombs, etc)
  - hair (brush, hairspray, comb, dry shampoo, blow dryer)
- have a "excess/overflow" box for refill items (like extra bars of soap, extra cases of toothpaste, wipes, etc), tuck that box away somewhere

# Beauty Product Expiration Dates

HOW LONG DO THEY  
LAST?

2 TO 3 MONTHS		1 TO 1.5 YEARS	
	MASCARA		LIP GLOSS
	FACE PEELS & MASKS		CREAM EYESHADOW
	ACNE PADS		FACE CREAM ( JAR )
	NAIL FILE		SUNSCREEN
	LOOFAH		BAR SOAP
6 MONTHS TO 1 YEAR		2 YEARS	
	LIQUID EYELINER		LIP AND EYE PENCILS
	LIQUID FOUNDATION		LIPSTICK
	CONCEALER		NAIL POLISH
	ACNE CREAMS & WASHES		POWDER EYESHADOW & BLUSH
	EYE CREAM		POWDER FOUNDATION
	FACE WASH		BODY LOTION ( JAR )
	SERUM		SCRUBS ( JAR )