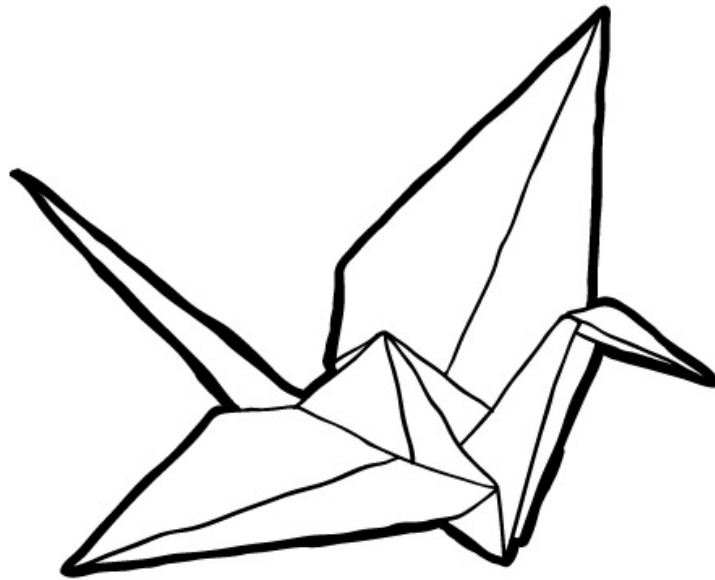


# 2014 in 2014 Declutter Challenge

{ Month-by Month Guidebook }



-- Are you ready to let go? --

# 2014 in 2014 Declutter Challenge

-- Are you ready to let go? --

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# INTRODUCTION

What do you dream of for 2014?

- Less stress?
- Less debt?
- Less anxiety?
- More time?
- More space?
- More contentment?

I asked myself the same question two years ago and decided I wanted to create a home that was calm, light, airy and full of great memories for my family and friends.

I wanted a clutter-free home that was easy to live in, easy to keep clean and easy to keep organised. I wanted a home that worked for us, rather than a home we worked constantly to keep up with.

Unfortunately I was nowhere near that becoming a reality. Over time, we had collected a house **full** of stuff, and looking around, I knew it was stuff we didn't need. Most of it was stuff we didn't even **want**. But where to begin? I felt overwhelmed and stuck.

I needed a challenge to kick me into action.

That's when I started the 2012 in 2012 Declutter Challenge on my blog. I ran it by myself, and for myself, simply to see if I could do it. I wanted some measure of accountability, so I posted regular updates on my blog as I began the challenge of decluttering 2012 items in one year.

That's approximately 5.5 items a day.

And by the end of the year I had cleared out well over 2,500 items. In fact I stopped counting a few months in and can safely say the final total was more like 5,000 items.

At the end of 2012 our home had started to represent the kind of life we were trying to build. There was space and time for good conversations, opportunity for rest and relaxation, and so many fun times.

But it wasn't quite there yet, so I embarked on another annual declutter challenge. But this time I invited blog readers along for the ride. And the results were astounding. There were readers who decluttered tens of thousands of items from their homes, while others found the numbers less important than the positive impact the process of simplifying had on their life.

And as 2013 drew to a close, I had many emails from people asking about 2014. I knew I wanted to continue the challenge, after seeing such huge changes in so many people, but I wanted to do something a little different.

So this year I have created this month-by-month guidebook. Each chapter outlines the tasks for the coming month, as well as tips and advice on how best to tackle the tasks. You will also find links to additional resources on many of the topics, in case you need additional inspiration!

The other change that I've made is the creation of a [Facebook group](#) for those of us participating in the Challenge. It's open to anyone, and you can simply click here to request membership. (It may take a few hours if I happen to be sleeping!)

The aim of the group is both support and encouragement, as well as public accountability. I know I was far more inclined to push myself when I knew I had to report my totals at the end of every month, and I invite anyone who would like to share their progress on the page to do just that.

If you're not comfortable with that level of sharing (totally understandable!) please [pop in and say hello](#) anyway. There's over 200 of us there discussing the current tasks and challenges we're facing as we work towards creating a simpler home.

## Are There Any Rules?

Not really. This is about simplifying **your** life and home, not anyone else's. That being said, don't go making it too easy for yourself – this is a Challenge after all.

Some guidelines to help you decide what does and doesn't count:

- Items you regularly throw away (general household rubbish/recyclables) don't count towards the total.
- A single piece of paper doesn't count. A folder of papers does – but only as one item.
- Try taking photos of most things – even just the pile or the bags waiting for donation. It will help keep you motivated.

Lastly and importantly, I want to stress that the numbers aren't important. By all means, keep count, but if it's a challenge for you to declutter 500 items, then stick to that figure. The aim is simply to challenge yourself to question what you do and don't need in your home. And the ultimate goal is to create a space that is clutter-free, airy and good for **you**.

So let's dive in with the first step - a 15-minute survey.

# 2014 in 2014 Declutter Challenge

## CLUTTER QUESTIONNAIRE -- Month #1

These questions are designed to give you a realistic overview of your current clutter situation. There are no right or wrong answers and no good or bad places to begin. It's simply important to understand your strengths and weaknesses before starting the 2014 Challenge. Otherwise you may wonder why a particular task is proving difficult for you, only to discover that it's playing to a weakness of yours.

I often find that simply being aware of these strengths and weaknesses helps me to overcome them more easily too. Not only am I aware of them before they become an issue, but I can also ensure I'm operating at my best when dealing with a task that is going to prove difficult. Even if that means putting something off until I have the time to do it properly, the results are always worth it.

You will need approximately 15-20 minutes to complete this survey. Not only will it help you identify sore points, strengths and weaknesses, but it also gives you a baseline to measure your progress against. We will revisit the questionnaire later in the year, and finish up with a final survey to see just how far you've come in 12 months.

Print off the survey and take some time to think through your answers. It will also help you to walk through each room as needed and evaluate the current situation.

## SECTION 1 - Your Home

1. Do you live in a:

- house
- apartment
- townhouse
- flat
- duplex
- RV
- other

2. How many bedrooms do you have?

---

3. How many levels ?

---

4. How many rooms in your home in total?

---

5. How many cupboards/closets or wardrobes?

---

6. How many storage rooms? (Including linen cupboard, basement, attic, etc.)

---

7. How many outbuildings? (Including sheds, garages, studios, etc.)

---

8. Do you rent any extra storage space outside your home?

---

## SECTION 2 - Your Clutter

On a scale of 1-10 (with 1 being sparse and 10 being hoarder-type clutter) rate the current clutter situation for each of the following applicable rooms:

Entryway	1	-----	5	-----	10
Kitchen	1	-----	5	-----	10
Dining	1	-----	5	-----	10
Living	1	-----	5	-----	10
TV Room	1	-----	5	-----	10
Playroom	1	-----	5	-----	10
Hallway 1	1	-----	5	-----	10
Hallyway 2	1	-----	5	-----	10
Hallway 3	1	-----	5	-----	10
Office/Study	1	-----	5	-----	10
Master Bedroom	1	-----	5	-----	10
Wardrobe/Closet	1	-----	5	-----	10
Bedroom 2	1	-----	5	-----	10
Wardrobe/Closet	1	-----	5	-----	10
Bedroom 3	1	-----	5	-----	10
Wardrobe/Closet	1	-----	5	-----	10
Bedroom 4	1	-----	5	-----	10
Wardrobe/Closet	1	-----	5	-----	10
Bedroom 5	1	-----	5	-----	10
Wardrobe/Closet	1	-----	5	-----	10
Bedroom 6	1	-----	5	-----	10
Wardrobe/Closet	1	-----	5	-----	10
Guest Room	1	-----	5	-----	10
Wardrobe/Closet	1	-----	5	-----	10
Laundry Room	1	-----	5	-----	10
Ensuite	1	-----	5	-----	10
Bathroom 2	1	-----	5	-----	10
Bathroom 3	1	-----	5	-----	10
Powder Room	1	-----	5	-----	10
Linen cupboard	1	-----	5	-----	10
Store Room	1	-----	5	-----	10
Basement	1	-----	5	-----	10
Attic	1	-----	5	-----	10
Front Patio	1	-----	5	-----	10
Back Patio	1	-----	5	-----	10
Garage	1	-----	5	-----	10
Garden Shed	1	-----	5	-----	10
External studio	1	-----	5	-----	10

## SECTION 3: You, Your Housemates and their Habits

1. Who do you live with?

- Housemates/Friends
- Partner
- Kids
- Grandkids
- Carer
- Parents
- In-Laws
- Other

2. What are their ages?

---

3. Are they messy? Tidy? Helpful? Enthusiastic?

Note down a little about each of the people you live with.

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4. Are you currently studying? YES / NO

5. Is anyone else in the home studying? YES / NO

6. Are there a lot of materials (books, papers, supplies) YES / NO  
involved in this study?

7. Do you have space to keep it? YES / NO

8. What do you do for work?

---

9. Are there a lot of materials involved in this work? YES / NO

10. What do your housemates do for work?

---

---

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11. Do you live with kids?

YES / NO

12. What are their ages?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

13. Are they likely to be helpful in the decluttering process? YES / NO

14. On a scale of one to ten (with 1 being very few and 10 being an overwhelming amount) how many toys do your kids own?

1 ----- 5 ----- 10

15. Is there enough room to store them? YES / NO

16. Is your partner/spouse open to the idea of decluttering? YES / NO

17. Is your partner/spouse a sentimental person? YES / NO

18. Are you are a sentimental person? YES / NO

19. Do you find it difficult to let go of mementoes? YES / NO

20. On a scale of 1 to 10 (with 1 being very happy and 10 being very unhappy) rate how you feel about the current clutter situation in your home.

1 ----- 5 ----- 10

21. Looking ahead at the 2014 in 2014 Declutter Challenge, list the top 5 areas in your home that you are most concerned about.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

22. If you could choose one word to describe how you hope to feel in your home once this challenge is completed, what would it be? (Think positive - content, calm, happy, relaxed, etc.)

**Once you've completed the survey, file it away somewhere you will remember, so you can refer to it again in a few months time when we re-visit the same questions. The aim, then, is to be able to recycle all three surveys once the 12 months are up and you have reached your clutter goal.**

# JANUARY: Baby Steps

Welcome to the first month of the 2014 Declutter Challenge!

Being January, everyone is super keen to get their simpler lives underway – I get this. In fact, I'm often gripped with a demented need to start afresh every New Year.

But because I'm all about approaching simplicity in a slow, sustainable, **realistic** way, January is going to be devoted to taking baby steps. I think people often dive in to decluttering in a gung-ho, adhoc way. For example:

*You decide to declutter and spend the weekend ripping into every room, determined to clear out the crap. Then, about halfway through, while the contents of every drawer, cupboard and wardrobe are littered across the floor, you run out of steam. You stop making good decisions about what you no longer need, and eventually give up and shove whatever is left back in the cupboard, leaving it more of a mess than it was before.*

(If you're thinking this sounds familiar, don't worry, I'm with you. I did this exact thing more times than I care to count...)

**This is why January is about baby steps. Establishing a slower, simpler rhythm to your decluttering means you are far more likely to keep it up as the year progresses.**

If you need a refresher on the best technique to use when decluttering, revisit the introduction to the guidebook, or print out the handy little diagram if you feel like you need help keeping on track.

So let's get into it!

## **This month we're tackling:**

- kitchen drawers
- medicine cabinet
- purse/handbag
- car
- entryway

Move through these areas of your home as you have the time. Each project shouldn't take longer than 30-45 minutes (with some significantly less than that).

You will be looking for things you no longer need, want or use. But on top of that, these small areas will also offer up a lot of rubbish. It truly is amazing the stuff we accumulate and these hotspots are magnets for junk collection!

If you need additional help, guidance or advice on any of these areas, the following posts may be helpful:

[Quick Declutter of the Kitchen Drawers](#)  
[Creating a Slow Entryway](#)

Or, visit the [private Facebook Group](#) and share your problem with the hundreds of members. Chances are, many of us have similar frustrations or possible solutions.

If you've decided to keep track of your decluttering efforts by counting, don't forget to keep a tally of the number of items that have left your home. Feel free to post them in the Facebook group or simply keeping them private and use the growing number to help motivate you as we progress.

# The JANUARY Checklist

Kitchen Drawers

- Cutlery
- Utensils
- Tupperware and/or plastics
- Junk drawer
- Other
- Other

Medicine Cabinet

Purse/Handbag

Car

- Floor
- Boot/trunk
- Glove compartment
- Pockets

Entryway

- Coat rack
- Hall stand
- Hall closet
- Shoe basket
- Drop zone for keys, sunglasses etc
- Mail

**Total Items Decluttered:** \_\_\_\_\_

# FEBRUARY: Utility Spaces

After a stellar introductory month, it's time to get a little more serious as we dive into the second month of our 2014 in 2014 Declutter Challenge.

February is all about the utility spaces in our homes, which often become dumping grounds for all kinds of clutter, rubbish, 'too-hard' items and things we will 'get around to soon'.

This month we need to set aside anywhere upwards of 3 hours to complete the tasks outlined below. It may be significantly more if you have a lot of bathrooms, or if the laundry has not benefitted from a serious declutter in quite some time.

This is why the tasks have been broken down into much smaller jobs, meaning you can spend 15 minutes on a small task if you don't have time to tackle an entire room. It also means you get the benefit of little victories more often, which will drive and motivate you to keep going.

Side Note: Around this time of the year we begin to slip back into regular mode, after the excitement and resolutions of the New Year. This is a welcome respite in one way - it's truly lovely to get back into the rhythm of life - but it can also mean we slip back into old clutter habits. Try and pep yourself up a little as you work:

- listen to some happy music
- dance
- keep tracking your decluttering efforts
- reward yourself with a treat, a coffee or a wine when you complete a particularly tricky task on the checklist

But mostly just keep an eye on how you deal with the incoming stuff, as well as the outgoing items.

Ensure you deal with mail as it comes in, perform a quick clutter bust once a week to keep on top of all the incidental clutter that happens during the day and make an effort to tidy up the kitchen, living and dining rooms before you go to bed each night.

These three changes will have a huge impact on your home, and, more importantly, the way you feel.

## **This month we're working through the following spaces:**

- bathroom
- ensuite
- guest bathroom
- powder room
- laundry room
- utility room/broom cupboard

Move through these areas of your home as you have the time.

The smaller tasks (out of date lotions, make-up etc) won't take longer than 15 minutes, but some of the others will see you spending 30-45 minutes on them.

It's important to keep an eye out for things you no longer need, want or use. But on top of that you need to keep only toiletries and cosmetics that are still within the use-by-date.

Visit the [private Facebook Group](#) and share any problems you may be having. Chances are, many of us have similar frustrations or possible solutions.

If you've decided to keep track of your decluttering efforts by counting, don't forget to keep a tally of the number of items that have left your home. Feel free to post them in the Facebook group or simply keep them private and use the growing number to help motivate you as we progress.

# The FEBRUARY Checklist

- Bathroom
- Ensuite
- Guest Bathroom

- Cabinet
- Drawers
- Cosmetics
- Candles/gift packs
- Bath toys
- Lotions, creams etc
- Out-of-date items
- Decor
- Benchtop

- Powder Room

- Decor
- Cabinet
- Benchtop

- Laundry Room

- Cleaning supplies
- Mismatched socks etc
- Clothes waiting for 'repair'
- Secondary storage
- Dirty clothes hamper
- Cleaning cupboard

- Utility Room
- Broom Cupboard

- Shelves
- Floor
- Gadget

**Total Items Decluttered:** \_\_\_\_\_

# MARCH: Paper Clutter

One of the most common obstacles people have when it comes to decluttering their home is paper clutter.

Not only mail, but statements, receipts, notes from school, to-do lists, phone numbers, business cards, account information, legal papers... It is endless.

But this month we are throwing ourselves into resolving the paper clutter issue, once and for all!

Before we head into the meat and potatoes of this month's tasklist, I'd love you to take 15 minutes and read my [Ultimate Guide to Removing Paper Clutter](#) ([Part One](#), [Part Two](#) and [Part Three](#)).

The guide takes you through all the different types and sources of paper clutter, as well as the tried and tested technique that I have used when removing paper clutter from my home.

So take a moment to read through those posts and come back to me, ready to rip in...

Go on.

Honestly, it's OK. I'll wait....



Great! It was worth it, right?

Paper clutter strikes fear into the heart of many. But if you take it step-by-step, as outlined in the Ultimate Guide, you will be hundreds, if not thousands of items lighter by the end of the month.

Even if you don't struggle too much with papers taking over the office, kitchen or bedrooms, you may still need to nominate a night (or two or three) to work through it.

And while our regular decluttering process (as outlined in the Introduction to this guidebook) still applies when we are decluttering paperwork and administrative stuff, you will need to ask yourself some additional questions as you work through it:

- Do I need this (for legal or business reasons?)
- If not, why am I holding on to it?
- Can I access and store this information online instead?

By keeping these questions in mind as you go, you will be able to let go of so much more clutter this month, and you won't believe the difference that will make to your home and/or business management.

**This month we're working through the following spaces:**

**As always, not every one of these areas will apply to you. Simply work through the ones that do.**

- office
- study
- study nook
- papers in the kitchen
- papers in the bedroom
- papers in storage

Move through these areas of your home as you have the time.

Unlike most tasks in the Challenge, paper clutter requires a little more time than we often have. So it would be best if you could assign at least one full hour to each of the tasks, or set aside a weekend to work through all the paper clutter at once. Either way, just work through the process step-by-step and try not to get overwhelmed!

If you need a little encouragement (or commiseration!) pop in and visit the [private Facebook Group](#). We're a friendly bunch and would love to help, or perhaps lend a virtual shoulder to cry on!

If you've decided to keep track of your decluttering efforts by counting, don't forget to keep a tally of the number of items that have left your home. Feel free to post them in the Facebook group or simply keep them private and use the growing number to help motivate you as we progress.

# The MARCH Checklist

- Office
- Study
- Study Nook
  
- Filing cabinet
- Drawers
- Desk (surface)
- Desk (drawers)
- Desk (cupboards)
- Shelves
  
- Papers (Kitchen)
- Papers (Bedroom)
- Papers (Storage)
  
- Old bills, tax information etc
- Mail
- Magazines
- Papers requiring action
- Papers waiting to be filed
- School papers
- Catalogues
- Work papers

**Total Items Decluttered:** \_\_\_\_\_

# APRIL: Bedrooms

Month 4 is upon us and once we're done here, you will be 30% of the way through the Challenge and much closer to decluttering 2014 items this year.

This month is all about the bedrooms.

Bedrooms are supposed to be a haven for resting, loving, relaxing and sleeping, yet so many of us have rooms crammed with technology, clothes, furniture, knick-knacks, books and random **stuff** that it is far from the restful place it should be.

So if you're ready to create a clutter-free, airy space to sleep in (for both you and your family) then let's dive in.

**NOTE: This month, while we are tackling the bedrooms, we won't be diving into the wardrobes. It's often a huge challenge for people, and deserves its own month.**

The length of this month's challenge is dependent on how many bedrooms your home has, how many people live with you, whether you have children, room-mates, parents or frequent guests.

Regardless of whether your home is a 6-bedroom mansion or a studio apartment, you owe it to yourself and those you live with to create bedrooms that encourage good rest.

Move through these rooms one by one, working through each of the areas listed below. Some won't apply to you, while others will be challenging.

Use the decluttering guidelines outlined in the Introduction to this guidebook to work through each area.

The amount of time you spend in each room will vary, depending on the size and current state of it. And while it is undoubtedly a big undertaking, this is one of the most important rooms to work through. Get it right and you could improve your sleep, your sex-life and your overall well-being.

Sounds pretty good, right?

**This month we're working through the following spaces:**

- master bedroom
- kids bedroom 1
- kids bedroom 2
- kids bedroom 3
- kids bedroom 4
- guest bedroom

**As always, not every one of these areas will apply to you. Simply work through the ones that do.**

You can expect to spend 2-4 hours on each room, with the checklist broken down into easily manageable tasks. Work through these areas of your home as you have the time, and don't be afraid to break the tasks down into very small 10-minute mini-tasks.

For added inspiration, take a moment to look through the following resources. These will help you create not only a clutter-free space, but also one that works for you, your partner, you housemates and your kids.

- [Slow Bedroom Pinterest board](#)
- [Creating a Simple Bedroom](#)
- [Simple Living in Real Life: The Family with Teenagers](#)

Visit the [private Facebook Group](#) and share any problems you may be having. Chances are, many of us have similar frustrations or possible solutions.

If you've decided to keep track of your decluttering efforts by counting, don't forget to keep a tally of the number of items that have left your home. Feel free to post them in the Facebook group or simply keep them private and use the growing number to help motivate you as we progress.

# The APRIL Checklist

## Master Bedroom

- Bedside tables
- Bed - excess pillows, linen etc
- Walls - excess/ugly prints
- Top of drawers
- Under the bed
- Frames, lamps, excess furniture
- Technology - consider removing TV, laptop etc

## Bedroom 1

## Bedroom 2

## Bedroom 3

## Bedroom 4

## Bedroom 5

## Bedroom 6

- Bedside table
- Desk - books, papers, general clutter
- Bed - stuffed toys, linen, pillows
- Under the bed - rubbish, toys
- Shelves - knick-knacks, photo frames
- Decor - wall hangings
- Technology - computer, TV, gaming

## Guest Bedroom

- Bedside table
- Under the bed
- Storage/Wardrobe - remove junk and general clutter
- Decor - linen, pillows, wall hangings

**Total Items Decluttered:** \_\_\_\_\_

# MAY: Wardrobes

This is the month of wardrobes, shoes and accessories, and it is potentially a goldmine for items to add to your yearly total.

Aside from that though, for many, wardrobes are inextricably tied with emotion.

The passage of time, the changes we move through as we grow older and perhaps have kids, fluctuating waistlines, failures and wins, periods of happiness or sadness, health or illness. The clothes we wear can conjure up all sorts of emotions.

Unlike most other months, this big decluttering project really needs its own approach, so below is a more in-depth look at tackling each of the wardrobes in your home.

The amount of time you need to set aside for this month's challenge depends on:

1. your current wardrobe situation – is it stuffed to the brim with clothes, or is it manageable?
2. your current circumstances – do you have lots of different clothing needs (officewear, exercise gear, weekend wear) or do you wear similar clothes most days?
3. the number of kids you have, if any.
4. whether you will be tackling your partner's wardrobe too (hint: let them see your efforts pay off first, then they may be inspired into action themselves.)
5. your goals – do you want a minimalist capsule wardrobe, or are you simply looking to clear out the items that are no longer worn?

As a ballpark figure though, I suggest you put aside 3-5 hours for your wardrobe (easily broken up into smaller chunks), plus an extra 2-4 hours for your kids.

**NOTE: If your kids are older - teenagers or beyond - feel free to print this list off and give it to them. There's no reason you should be left to do this task alone! (Then they can harbour any ill-will towards me, instead of you!)**

There are two ways to go about decluttering your wardrobe, depending on the time you have on hand and the space within which you can work.

Before you do anything though, grab yourself three plastic bags or boxes. One is for donations, another for throwing away (items that aren't redeemable or cannot be repaired) and the third is for storage (items you aren't sure about yet).

Once you've got those in place, you can either:

1. Work your way through each section of the wardrobe one by one – not moving on until the current section is complete and any items you are keeping are put back in place – OR

2. Clear your bed and dump the entire contents of your wardrobe there, working through the pile piece by piece.

**Either way, commit to not putting anything back into your wardrobe until you have asked yourself the following questions:**

- **Have I worn this in the last year?** No? Then let it go.
- **Is it in good condition? If not, do I love it enough to have it repaired?** No? Let it go.
- **Do I feel good wearing this? This is a big one – it doesn't matter how beautiful it is, unless you feel good wearing it, it will languish in the back of your wardrobe, taunting you. Let it go.**
- **Does it fit me well? Again, it doesn't matter how gorgeous it is or how much it cost, if it doesn't fit well, then you won't wear it. Let it go.**
- **Is there a good reason to keep it?** If it is in incredibly good condition, is very well made, and is a classic style (think black blazer, little black dress, black pumps) then you may want to keep it. But unless it is all of those things, then let it go.

3. Don't put the item down until you have decided where it goes. If you decide to keep it, then return it to the correct spot in your wardrobe, otherwise put it in your donate or throw away bag.

4. If you're really torn, you can add things to the third box. Put the box away for six months (put a reminder on your phone or in your diary) and if there's nothing you need/want in it over that time, you can safely donate everything in there, without opening it.

5. Once you've finished going through your clothes, accessories and shoes, you can quickly look over your "keep it...for now" pile and weed out anything you've kept in a weak moment. I find that once I'm in the zone, decisions come much more easily.

6. Marvel at the feeling of an orderly wardrobe full of clothes you like to wear!

This is undoubtedly a huge undertaking for some of us. If you're feeling overwhelmed at the prospect of opening the wardrobe, let alone trying to work through the contents, the following resources may prove helpful or inspirational:

- [Project 333 by Courtney Carver](#) - an experiment in living with only 33 items of clothing for 3 months at a time.
- [Declutter - Tackling Your Wardrobes](#)
- [Keeping Sane While Your Kids Trash Their Wardrobe - Again](#)
- [The Christian Grey Guide to Creating a Minimalist Wardrobe](#)

Visit the [private Facebook Group](#) and share any problems you may be having. Chances are, many of us have similar frustrations or possible solutions.

If you've decided to keep track of your decluttering efforts by counting, don't forget to keep a tally of the number of items that have left your home. Feel free to post them in the Facebook group or simply keep them private and use the growing number to help motivate you as we progress.

# The MAY Checklist

## **Your Wardrobe**

### Folded Items:

- |  |                                   |
|--|-----------------------------------|
| <input type="checkbox"/> Underwear     | <input type="checkbox"/> Jeans    |
| <input type="checkbox"/> Sleepwear     | <input type="checkbox"/> Knitwear |
| <input type="checkbox"/> Exercise gear | <input type="checkbox"/> Shorts   |
| <input type="checkbox"/> T-shirts      |                                   |

### Hanging Items:

- |   |                                      |
|---|--------------------------------------|
| <input type="checkbox"/> Dresses                            | <input type="checkbox"/> Shirts/Tops |
| <input type="checkbox"/> Skirts                             | <input type="checkbox"/> Suits       |
| <input type="checkbox"/> Pants                              | <input type="checkbox"/> Jackets     |
| <input type="checkbox"/> Occasional items (formal wear etc) |                                      |

### Accessories:

- |                                    |  |
|------------------------------------|--|
| <input type="checkbox"/> Belts     | <input type="checkbox"/> Hats          |
| <input type="checkbox"/> Scarves   | <input type="checkbox"/> Miscellaneous |
| <input type="checkbox"/> Jewellery | <input type="checkbox"/> Shoes         |

## **Kids Wardrobe 1**

## **Kids Wardrobe 2**

## **Kids Wardrobe 3**

## **Kids Wardrobe 4**

## **Kids Wardrobe 5**

## **Kids Wardrobe 6**

### Folded Items:

- |  |                                   |
|--|-----------------------------------|
| <input type="checkbox"/> Underwear     | <input type="checkbox"/> Jeans    |
| <input type="checkbox"/> Sleepwear     | <input type="checkbox"/> Knitwear |
| <input type="checkbox"/> Sporting gear | <input type="checkbox"/> Shorts   |
| <input type="checkbox"/> T-shirts      |                                   |

### Hanging Items:

- |                                  |   |
|----------------------------------|---|
| <input type="checkbox"/> Dresses | <input type="checkbox"/> Shirts/Tops    |
| <input type="checkbox"/> Skirts  | <input type="checkbox"/> School uniform |
| <input type="checkbox"/> Pants   | <input type="checkbox"/> Jackets        |

**Total Items Decluttered:** \_\_\_\_\_



# JUNE: Bedrooms

This month's task list brings us to the heart of our homes - that is, the kitchen and dining room.

Think about everything that happens in this part of the home, and it's really little wonder they wind up full of clutter. Mail, paperwork, handbags, schoolbags, junk drawers, mobile phones, tablets, car keys, homework, cooking, eating, entertaining, relaxing - these two areas have so much going on.

This month we will tackle the fairly large tasks of decluttering and simplifying these areas. So let's get to it!

The amount of time you need to set aside for this month's challenge depends on:

- the size of your home
- how much stuff you own
- how much of your stuff is being used
- whether you have a separate formal dining room and a more casual meals area, or if you eat in the kitchen
- how much entertaining you do
- the size of your family and the groups you entertain
- whether you and your friends/family drink wine and cocktails
- whether you're a keen gourmand or a simpler cook
- the size of your kitchen and pantry
- the amount of storage you use for kitchenware etc

As an estimate, I would suggest you give yourself 3-5 hours to declutter the kitchen (easily broken down into smaller tasks) and another 2-3 hours for the dining room.

For example, you could break the kitchen tasks into the following:

- cutlery and utensils drawers - 15 minutes
- fridge (inside) - 45 minutes
- fridge (top) - 15 minutes
- freezer - 30 minutes
- pantry - 45 minutes
- wall cabinets (top) - 15 minutes
- wall cabinets (inside) - 45 minutes
- benchtops - 30 minutes
- low cabinets (inside) - 45 minutes
- remaining drawers - 45 minutes

The following resources will help inspire and motivate you throughout the month:

- [Slow Kitchen Pinterest board](#)
- [10 Ways to Create a Beautiful, Simple Kitchen](#)
- [10 Steps to an Organised Kitchen](#)
- [Decluttering That Kitchen](#) (via 365 Things)
- How to Set Up a Minimalist Kitchen: [Part One](#) and [Part Two](#) (via Stone Soup)

Visit the [private Facebook Group](#) and share any problems you may be having or any questions you have when it comes to creating a clutter-free kitchen space. Chances are, many of us have been there before, or are there right now!

If you've decided to keep track of your decluttering efforts by counting, don't forget to keep a tally of the number of items that have left your home. Feel free to post them in the Facebook group or simply keep them private and use the growing number to help motivate you as we progress.

# The JUNE Checklist

## Kitchen

### Wall/Upper Cabinets:

- Top of cabinets
- Glassware
- Crockery
- Cookbooks
- Bakeware
- Baking tins

### Lower Cabinets:

- Pots and pans
- Cleaning equipment
- Appliances
- Large appliances (rice cooker etc)
- Platters
- Large crockery items

### Pantry:

- Staples
- Non-perishables
- Perishables
- Herbs and spices
- Dry goods
- Tea and coffee

### Fridge/Freezer:

- Inside
- Top
- Outside

### Benchtops:

- Appliances (coffee machine, toaster etc)
- Fruit bowl
- Clutter hotspots (paper, devices, keys etc)

### Drawers:

- Cutlery
- Junk drawer
- Utensils
- Plastics/Tupperware

## Dining Room

- Dining Table
- Dining Chairs
- Linens
- Buffet/Sideboard
- Platters
- Decor

**Total Items Decluttered:** \_\_\_\_\_

# 2014 in 2014 Declutter Challenge

## CLUTTER QUESTIONNAIRE -- Month #6

Now that we're halfway through our year-long declutter Challenge, it's a great time to revisit the questionnaire we completed at the beginning of Month 1.

By taking 15 minutes to complete the questions, you will get a good sense of just how far you've progressed over the past 6 months. Whether you feel like it or not, you are so much closer to a clutter-free home than you were at the beginning!

As before, these questions are designed to give you a realistic overview of your current situation. There are no right or wrong answers and no good or bad answers. It's simply important to measure your progress as we move through the Challenge.

Print off the survey and take some time to think through your answers. It will also help you to walk through each room as needed and evaluate the current situation.

Once you've completed it, compare your answers this time to those given 6 months ago.

- **Have you improved your overall clutter rating?**
- **Do you feel better about your home?**
- **Do you feel more comfortable in your home?**
- **Are you keeping count of the items leaving your home?**
- **Is it more or less than you'd like?**
- **Where do you want to focus your attention in the second half of the year?**

Feel free to share your progress with the Facebook group, or ask any questions about your current problem area.

## SECTION 1 - Your Home

1. Do you live in a:

- house
- apartment
- townhouse
- flat
- duplex
- RV
- other

2. How many bedrooms do you have?

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3. How many levels ?

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4. How many rooms in your home in total?

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5. How many cupboards/closets or wardrobes?

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6. How many storage rooms? (Including linen cupboard, basement, attic, etc.)

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7. How many outbuildings? (Including sheds, garages, studios, etc.)

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8. Do you rent any extra storage space outside your home?

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## SECTION 2 - Your Clutter

On a scale of 1-10 (with 1 being sparse and 10 being hoarder-type clutter) rate the current clutter situation for each of the following applicable rooms:

Entryway	1	-----	5	-----	10
Kitchen	1	-----	5	-----	10
Dining	1	-----	5	-----	10
Living	1	-----	5	-----	10
TV Room	1	-----	5	-----	10
Playroom	1	-----	5	-----	10
Hallway 1	1	-----	5	-----	10
Hallyway 2	1	-----	5	-----	10
Hallway 3	1	-----	5	-----	10
Office/Study	1	-----	5	-----	10
Master Bedroom	1	-----	5	-----	10
Wardrobe/Closet	1	-----	5	-----	10
Bedroom 2	1	-----	5	-----	10
Wardrobe/Closet	1	-----	5	-----	10
Bedroom 3	1	-----	5	-----	10
Wardrobe/Closet	1	-----	5	-----	10
Bedroom 4	1	-----	5	-----	10
Wardrobe/Closet	1	-----	5	-----	10
Bedroom 5	1	-----	5	-----	10
Wardrobe/Closet	1	-----	5	-----	10
Bedroom 6	1	-----	5	-----	10
Wardrobe/Closet	1	-----	5	-----	10
Guest Room	1	-----	5	-----	10
Wardrobe/Closet	1	-----	5	-----	10
Laundry Room	1	-----	5	-----	10
Ensuite	1	-----	5	-----	10
Bathroom 2	1	-----	5	-----	10
Bathroom 3	1	-----	5	-----	10
Powder Room	1	-----	5	-----	10
Linen cupboard	1	-----	5	-----	10
Store Room	1	-----	5	-----	10
Basement	1	-----	5	-----	10
Attic	1	-----	5	-----	10
Front Patio	1	-----	5	-----	10
Back Patio	1	-----	5	-----	10
Garage	1	-----	5	-----	10
Garden Shed	1	-----	5	-----	10
External studio	1	-----	5	-----	10

## SECTION 3: You, Your Housemates and their Habits

1. Who do you live with?

- Housemates/Friends
- Partner
- Kids
- Grandkids
- Carer
- Parents
- In-Laws
- Other

2. What are their ages?

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3. Are they messy? Tidy? Helpful? Enthusiastic?

Note down a little about each of the people you live with.

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4. Are you currently studying? YES / NO

5. Is anyone else in the home studying? YES / NO

6. Are there a lot of materials (books, papers, supplies) YES / NO  
involved in this study?

7. Do you have space to keep it? YES / NO

8. What do you do for work?

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9. Are there a lot of materials involved in this work? YES / NO

10. What do your housemates do for work?

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11. Do you live with kids? YES / NO

12. What are their ages?

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13. Are they likely to be helpful in the decluttering process? YES / NO

14. On a scale of one to ten (with 1 being very few and 10 being an overwhelming amount) how many toys do your kids own?

1 ----- 5 ----- 10

15. Is there enough room to store them? YES / NO

16. Is your partner/spouse open to the idea of decluttering? YES / NO

17. Is your partner/spouse a sentimental person? YES / NO

18. Are you are a sentimental person? YES / NO

19. Do you find it difficult to let go of mementoes? YES / NO

20. On a scale of 1 to 10 (with 1 being very happy and 10 being very unhappy) rate how you feel about the current clutter situation in your home.

1 ----- 5 ----- 10

21. Looking ahead at the 2014 in 2014 Declutter Challenge, list the top 5 areas in your home that you are most concerned about.

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22. If you could choose one word to describe how you hope to feel in your home once this challenge is completed, what would it be? (Think positive - content, calm, happy, relaxed, etc.)

**Once you've completed the survey, take a moment to compare your answers to those given at the beginning of Month 1. Then file them both away you can refer to them at the end of the Challenge.**