30 DAYS TO *CLEAN & SIMPLIFY*

try one of these challenges per day for 30 days

Week 1 - Primary Focus is on Personal:

1. **Eliminate Trash** - grab a trash bag & walk around your house
2. **Organize Handbag/Briefcase** - go through your bag(s) & wallet
3. **Purge Closet** - go through your wardrobe & sell or donate anything you haven't worn in over a year
4. **Accessorize** - organize your shoes, bags, jewelry,scarfs, etc., & consign or donate what you do not need or use
5. **Clean Out Dressers** - go through dressers & nightstands
6. **Car Wash** - fill up the tank, go through the car wash, & vacuum it out
7. **Tackle the Office** - give your desk & work space a thorough clean

Week 2 - Primary Focus is on Bathrooms & Laundry

8. **Deep Clean Bathrooms** - give your bathrooms a deep clean & don't forget to scrub the tile & grout
9. **Restock** - organize & restock your vanities & linen closets.
10. **Hair & Makeup** - throw out old makeup & hair products. Don't forget to clean your hair & makeup brushes too!
11. **Laundry Day** - spend today getting caught up on all the laundry. From now on: pick 1 day a week to do this, or do 1 load per day.
12. **Organize Closets** - organize your laundry & hallway closets
13. **Medicine** - organize the medicine cabinet & check expiration dates
14. **Throw Out the Junk** - go through the junk drawer & organize

Week 3 - Primary Focus is on Kitchen

15. **Clean Out the Fridge** - throw away anything expired, wipe down all surfaces, & re-organize by food groups
16. **Organize Kitchen Cabinets** - take everything out of the cabinets, wipe shelves & reorganize.
17. **Containers** - make sure all Tupperware is matched with lids.
18. **Wipe Kitchen** - take everything off the counters to give the tops & back-splash a good scrubbing, then wipe all kitchen cabinets
19. **Go Through Pantry** - throw away anything expired, wipe down all surfaces, & re-organize by food groups
20. **Deep Clean Appliances** - give your appliances a deep clean
21. **Meal Plan/Freezer Meals** - write out 10 easy meals & tape to inside of pantry, or prepare 10 freezer meals. Between that, take out or dinning out, & leftovers, you should be good for half the month!

Week 4 - Primary Focus is on the Whole House

22. **Toys** - give your playroom & toy areas a thorough clean. Go through every bin, tote & shelf. Group like toys together & make piles to donate or trash.
23. **Arts & Crafts** - reorganize all art supplies & crafts
24. **Family & Dining Rooms** - wash your throw pillows & blankets. Take cushions off sofas & chairs to vacuum. Get rid of clutter.
25. **Mudroom** - reorganize. Consider adding more hooks & shelves
26. **Porches** - sweep all porches/patios & put toys away.
27. **Yard** - give the flowerbeds a good weeding & clean outside toys
28. **Garage** - take everything out & give a good sweeping

Bonus 2 Days - Primary Focus on Tech

29. **Photos & Social** - back up your photos & while you are at it, print out a few new pictures to frame. Clean up your social follows.
30. **Turn Off Notifications** - delete any unused apps & turn off unnecessary notifications