

- 1** clean out junk drawer
- 2** clean out medicine cabinet
- 3** clean out refrigerator
- 4** return items that belong somewhere else (friend/store)
- 5** Put back all of the small random things laying around

- 6** sort your clothes (trash, donate, & keep)
- 7** sort your kids' clothes (trash, donate, & keep)
- 8** walk around your house and ditch anything that is trash
- 9** walk around your house and collect any unused items to donate or sell
- 10** schedule a donation pick up time or take items yourself

- 11** create a list for a week's worth of easy meals
- 12** organize your email (use unroll.me to unsubscribe from unwanted emails)
- 13** clean out your nightstand including any drawers
- 14** get rid of any books you no longer use (donate or sell)
- 15** clean out car and schedule any maintenance



30 day checklist to

simplify your home



- 16** clean out your diaper bag, purse, wallet, work bag, etc.
- 17** clean out your kids' backpacks or have them do it
- 18** schedule any appointments that need to be made (you & family)
- 19** create a place to store important papers or scan them and file on device
- 20** create a place to store school papers or scan them and file on device

- 21** delete any old or unwanted voicemails
- 22** add your phone number to the do not call list (donotcall.gov)
- 23** remove any old or unwanted contacts in your phone
- 24** remove any apps you don't use on your phone
- 25** create a charging station and keep your phones there during dinner

- 26** do one load of laundry every day
- 27** wash all of your sheets
- 28** trash any empty food boxes, supply boxes, etc.
- 29** spend 15 minutes a day doing something you love
- 30** write 5 realistic things to accomplish this week