

helping moms rock their way through every day



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Magical Mama Blog

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Challenge Accepted!

If we don't stay on top of clutter, our homes will eventually resemble a house you would see on an episode of hoarders...and we don't want that! We usually wait until we get overwhelmed enough at one point to try to back track and simplify...not this time!

I'm challenging you over these next 7 days to get rid of what you don't need! Not only will your home look better for it, you'll definitely have peace of mind! We're going to take out the bulk and negativity out of everything!

So let's dive right in!

Day 1!

Kitchen

Go into your pantry. If anything is expired, throw it away. If you know your family will never eat something and it's not perishable, donate it.

Head to your refrigerator. If anything is expired, throw it out. Re-organize so you can see everything. Meal plan and [write your grocery list](#) while you're here!

Drawers. One by one, remove everything, and wipe out the drawer. Figure out what is broken and needs to be replaced or what can just be thrown out.

Cabinets. Empty each shelf and wipe clean. While you are putting things back, make it as efficient as possible. Put the things you use most at easy reach. If you're never going to use that bundt pan, punch bowl, butter dish, or gravy boat, donate it. If you can't find the lid to that tupperware, find another use for it as storage or toss it!

Cleaning products. Condense what you can and organize!

There you have it! It may take an hour or two, but one of the most used rooms in your home is now decluttered and ready for action!

Day 2!

Closets!

Bedroom Closets.

Take along a trash bag or box with you. If it has holes in it and you know you're never going to repair it, toss it. If you haven't worn it in the last year or two, start a donation pile. If all you wear are those ballerina flats, those wedges, and those Nikes, toss those stilettos that will never see the light of day into the donation pile. Go through purses, scarves, ties, belts, hats, [Get some shoe storage](#) to get all of those pairs off of the floor and sweep or vacuum clean!

Linen Closets.

Go through sheet sets, blankets, and towels. Anything that is work out or will not be getting used any time soon, put in a trash bag or box and take to a local animal shelter. They can always use these for cleaning supplies, bathing supplies, and comfy beds for the soon-to-be pets.

Reorganize. Put all Twin, Full, Queen, and King sheets together so you know how many sets you have for each bed. Keep folded sheets inside of their matching pillowcases so the sets will stay together.

Coat Closet.

Get very honest with yourself. What do you actually use this for? Winter coats? Guest coats? or Junk? Donate any jackets that aren't being used or move them into the space you have created in the bedroom closets. [Get some vertical hanging storage](#). Store umbrellas, rain boots, extensions cords, board games, more linens, holiday decor, fancy shoes or special occasion clothing.

And there you have it! It's been about an hour and all of your closets are sparkling clean and airy!

Throw in some bags of scent beads to make your clothes and linens smell fresh out of the laundry at all times!

[Check out 21 Ways To Make Your Home Smell Great](#) to keep every room in your home smelling amazing!

Day 3!

Car

Laundry basket. Take a laundry basket outside with you and put anything that belongs back in the house in it so you can make one trip. Grab the random articles of clothing, boredom supplies, eating supplies, snacks, sport equipment, school supplies and send them inside to be put back where they belong

Trash bin. Throw away all of the napkins, receipts, food crumbs, random paper, and hidden trash!

Vacuum. Get out all those floor mats and vacuum them on the ground. Get your hose attachments and clean out the floors and vacuum off the seats.

Emergency supplies. Check your spare tire, jack, [jumper cables](#), [first aid kit](#), etc.

Glove Compartment. I'll bet good money there's no gloves in there! Get any random junk out of there! Keep your owner's manual, body work/oil change information. Check that you have the most recent copy of your registration and insurance.

Additions: Don't be afraid of this word! These additions will help keep the clutter to a minimum!

Car Trash Bin. The addition of a [car trash bin](#) will make it clear to your back seat passengers that there is a place for trash other than the floor, a crack in the seat, the cup holders, or any built in pockets.

Baby Blow Out Supplies. Grab a bin from the house. Throw in a travel pack of wipes, some diapers in their current size or the next size up, a change of clothes in the next size up, a blanket, an extra bottle, etc. The last thing you need is to be stranded when your car breaks down and run out of baby changing supplies.

Ta-Da! Clean Car!

Day 4

Bathrooms

Medication. Go through your medicine cabinet, throw out old prescriptions, check dates on liquid medication for expiration dates. Write down what you need to replace on your grocery list. Organize into categories and keep them away from baby's reach.

Bottles. Go through lotions, sun screens, shampoos, conditioners, hair products, skin products, soaps, etc. Condense what you can, get rid of what has dried up or is no longer useful. Write down what needs to be replaced.

Supplies. Categorize all of your stock piles of supplies.

Oral care, shaving supplies, hair product, make-up, beauty appliances, first aid, cleaning supplies, etc.

Head onto Amazon and grab some [large, stackable storage bins](#) for bottles, lotions, and cleaning supplies as well as some [small stackable storage bins](#) for make up, oral care, shaving supplies, and medications. Label everything. This way, when new supplies come in, they have a home. With storage bins, you're able to re-arrange without knocking things out of order and can pull out a bin, find what you need, use it, and put it all back together.

Towels. Go through your towels and figure out what you can donate to a local animal shelter and what you can keep. For the towels you are keeping, throw them in the wash on one hot cycle with vinegar and on a separate hot cycle with baking soda to give them a new life. They'll be more fluffy, will smell great, and will absorb moisture like they used to.

There you have it! You're half way done!

Day 5

Office

Mail & Bills. If you don't have a designated command center, consider at least making yourself 2 boxes. one for mail/bills that need attention and one for things that can be filed.

Go through all of your un-opened mail. Figure out if it is something that needs to be taken care of. If it is, place it in the "needs attention" box. If it needs to be scanned or filed, throw it in the second box. If it is unnecessary, shred it or throw it out.

Filing. If you do not have a [filing cabinet](#), consider getting some [decorative file boxes](#) or [stackable file boxes](#) to get the paper clutter out of sight and organized.

If you're not a fan of having paper around your home and want to be a digital guru, make sure you have a [compact, wireless scanner](#) to upload items of any size into your digital files.

Writing Utensils. Get out a piece of scrap paper and check your pens, markers, and highlighters. If it's dried up. toss it!

Books. Go through your library and figure out which books you have read and will never pick up again and get them in a pile to donate. Display the books you will revisit.

CDs. Upload the ones that aren't scratched or missing into your itunes (you don't have to put them on your phone) and toss the CDs and cases.

Pictures. Are you actually going to scrapbook or make photo albums? Get some [decorative photo boxes](#) or [plastic photo bins](#). Or get them uploaded to your computer or to DVDs.

Craft Supplies. It seems you have to buy an entire art studio worth of supplies for each science project. Figure out what glue has dried up, how much glitter has spilled, and toss what you can. Organize what is left over so you won't have to purchase it next time! Grab a [mobile storage station](#) for paint, scissors, tape, paper, etc. and keep it at easy reach...but give yourself the possibility of rolling it into a closet and not having to look at it.

With the addition of more and more natural disasters, I would like to encourage everyone to have a [locking fire proof safe box](#) as well as a [portable hard drive](#).

Keep social security cards, birth certificates, passports, deed to your home, emergency credit cards, insurance information, and your portable hard drive with all of your electronic documents, pictures, and videos in your lock box. If you ever have to evacuate because of a disaster of any kind, you can grab this box and have your valuable information and memories with you.

There you have it! No more paper to keep your eyes open at night!

Day 6

Computer!

Pictures. Now that you have uploaded all of your photos, put them into folders by years, months, activities, locations, by person, whatever makes the most sense to you. Delete duplicated and back them up! These are your memories!

Videos. Weed out the videos hidden in your pictures and make folders for them. Delete videos of people posing for pictures. Back up onto [DVD+Rs](#) or a [portable hard drive](#).

Documents. Make folders for essays, resumes, letters, scanned bills, etc. and file as needed.

Desktop. Chances are, you don't need everything on your desktop at your fingertips on every log-in. Make folders for less-used icons and file away icons you hardly use into files somewhere else. Give yourself a little visual break.

E-Mails. There are two types of people, the people with no unread e-mail and the people with 6,000 unread e-mails. Buckle down and become one of the no unread e-mail people. If you're a no un-read e-mail person, dig into folders. If it is no longer relevant, delete it. Make folders for bills, insurance, travel, work, friends, family, invitations, school, orders, etc.

Take the time over this week to scroll to the bottom and unsubscribe from e-mails you constantly receive and delete without reading so you stop receiving them!

I cannot describe the feeling of seeing one e-mail in your inbox followed by empty space. You can then file away the e-mail or delete it and it is empty!

Music. If you skip it every time it comes on shuffle, take it off of your phone's play list! If you have random downloads, be sure to give things a title and a home!

Phone. Plug in your phone, update it and sync it. Delete apps you downloaded and don't use. Get games into a folder. Get the apps that you are unable to delete because they came with your phone into a folder. Put photo editing apps into a folder. Give yourself some order. You're looking at this every day.

You did it! You've reached the final day of your declutter challenge!

Your home is open and airy! Your kitchen is organized! You can see what is in your closets! Your car is clean. You can find what you need in your bathrooms! Your office is organized and you have so much space! Your computer is no longer overwhelming!

And now we enter the last leg of our journey to not only decluttering your home, but also giving you peace of mind.

Day 7

Social Media

Facebook. Instagram. Twitter.

Social media is an incredible invention. It can connect people from years and miles apart and let them be a part of each other's lives. Unfortunately, it can also tear people apart with cyber bullying, opposing political views, opinions on situations in the news, and serious bouts of negativity. The last thing you want is to log on to your social media profile to see what your friends are up to and get lost in a sea of bullying, arguing, and debating.

Log into each social media account you have. Delete the profiles of people you don't seem to know or people who use you for constant favors with nothing in return. Unfollow the profiles that bring down your mood or cause you any kind of negativity. Opening these accounts each day should connect you with friends' happy words, smiling faces, and fun events to see these wonderful humans in real life.

I just went through my personal facebook a few months ago and deleted half of the friends I had on there. People from childhood who friend requested me just to ask me to sign them into Disneyland, sell me something, or ask that I contribute to a gofundme for an unworthy cause. People who log into social media just to stir up political debates. People who post constant negativity.

The amount of joy I have on my news feeds now is heart warming. Happy people encouraging others to be happy. Pictures of babies, pets, vacations, etc. The amount it has changed my mood in general is a game changer.

I hope that this challenge has inspired you to declutter your home and your mind!

I hope that you are experiencing that relief that you were searching for!

I hope you have found positivity and I hope that you pass it on to others!

Thank you so much for stepping up to the plate and knocking it out of the park!

Until next time! Cheers and happy cleaning!

-Sara

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