



# THE SMALL SPACE MOM FREE 30-DAY DECLUTTER CHALLENGE

ONE SMALL TASK A DAY | REAL PROGRESS | NO OVERWHELM

## WELCOME

If you're here, it means you want less clutter but you don't have the time, energy, or mental space for a full house reset. **YOU ARE NOT ALONE**

I created this 30-day declutter challenge to help moms make real progress in small spaces without burnout, guilt, or perfection.

This is not about doing everything at once, this is about doing one small thing consistently. If you miss a day, that's okay, just pick up where you left off.

## HOW THIS CHALLENGE WORKS

- One small decluttering task per day
- Takes about 10-20 minutes
- Designed for small spaces and busy homes
- No pressure to finish perfectly

## SIMPLE RULES

- Set a timer for 10 minutes
- Stop when the timer goes off
- Keep what you use and love
- Donate or discard the rest

PROGRESS MATTERS MORE THAN SPEED.

*The Small Space Mom*

The 30-Day Declutter Checklist

# WEEK 1 : QUICK WINS

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□ DAY 1: ONE JUNK DRAWER OR RANDOM DRAWER

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□ DAY 2: PURSE, DIAPER BAG, OR EVERYDAY BAG

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□ DAY 3: BATHROOM COUNTER AND SINK AREA

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□ DAY 4: ONE KITCHEN CABINET ONLY

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□ DAY 5: FRIDGE DOOR AND ONE SHELF

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□ DAY 6: SHOES BY THE DOOR

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□ DAY 7: PAPER CLUTTER, MAIL, RECEIPTS, SCHOOL PAPERS

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# WEEK 2: HIGH-IMPACT SPACES

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□ DAY 8: UNDER THE BATHROOM SINK

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□ DAY 9: FOOD STORAGE OR TUPPERWARE CABINET

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□ DAY 10: SPICE DRAWER OR SPICE CABINET

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□ DAY 11: KIDS' BACKPACK OR SCHOOL BIN

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□ DAY 12: LINEN CLOSET, ONE SHELF ONLY

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□ DAY 13: NIGHTSTAND OR BEDSIDE AREA

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□ DAY 14: DIGITAL DECLUTTER, PHONE PHOTOS OR APPS

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# WEEK 3: CLOTHING & FAMILY ZONES

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□ DAY 15: KIDS' SOCKS AND UNDERWEAR

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□ DAY 16: ONE TOY CATEGORY ONLY

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□ DAY 17: YOUR SOCKS AND UNDERWEAR

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□ DAY 18: ONE HANGING SECTION OF YOUR CLOSET

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□ DAY 19: PAJAMAS OR LOUNGEWEAR

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□ DAY 20: TOWELS, KEEP YOUR FAVORITES

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□ DAY 21: CATCH-UP OR REST DAY

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# WEEK 4: STORAGE AND MAINTENANCE

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□ DAY 22: CLEANING SUPPLIES AREA

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□ DAY 23: PANTRY SNACKS

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□ DAY 24: REUSABLE BAGS AND GROCERY BAGS

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□ DAY 25: WATER BOTTLES AND TRAVEL CUPS

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□ DAY 26: CORDS, CHARGERS, AND TECH

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□ DAY 27: ONE STORAGE BIN OR BASKET

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□ DAY 28: "WHERE WOULD I LOOK FOR THIS?" PILE

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# WEEK 5: THE FINALE!!

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□ DAY 29: DONATION DROP-OFF OR BAG FOR PICKUP

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□ DAY 30: RESET DAY, CHOOSE 3 HABITS TO KEEP

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## DECLUTTERING TIPS THAT ACTUALLY HELP

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- Declutter where clutter naturally collects
- Keep what fits your current life, not your fantasy life
- You do not need more bins to start
- Decluttering is a habit, not a one-time event

**YOUR HOME DOES NOT NEED TO BE PERFECT TO BE PEACEFUL**

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*The Small Space Mom*

# AFTER THE 30 DAYS

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**When the challenge ends, ask yourself:**

- What feels easier now?
- What habits helped the most?
- What areas still need attention?

**DECLUTTERING IS NOT ABOUT FINISHING.  
IT'S ABOUT MAINTAINING PROGRESS.**

You're Not Behind

You are doing something meaningful for yourself and your home.

Thank you for trusting me to walk through this with you.

— Sarah

The Small Space Mom

*The Small Space Mom*

# WEEKLY GOALS

*list your goals*

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PLAN YOUR BEST YEAR

*The Small Space Mom*