

# CONQUER Clutter! ZAP Stress! BANISH Chaos!



And let your inner super hero fly high (cape optional) this season.

Do these small tasks in any order. Pick one each day for a month. Remember how you eat an elephant...one bite at a time.

- ☐ De-junk your junk drawer.
- ☐ Clean your car's glove compartment and trunk.
- ☐ Go through your kitchen gadgets.
- ☐ Sort seasonal items—toss mittens who don't have mates.
- ☐ Declutter a single surface.
- ☐ Freshen your fridge and freezer.
- ☐ Toss expired makeup and toiletries.
- ☐ Organize your pantry.
- ☐ Declutter your email inbox.
- ☐ Clear out your clothing—only keep what fits.
- ☐ Update underwear drawer.
- ☐ Freshen your files—ditch outdated documents.
- ☐ Whittle down the contents of your wallet or purse.
- ☐ Tackle your Tupperware. Put a lid on it!
- ☐ Recycle old newspapers and magazines.
- ☐ Neaten up your night stand.
- ☐ Tidy under the kitchen sink.
- ☐ Update your medicine cabinet and first aid kit.
- ☐ Streamline your home office. Hint: You don't need 1000 pens.
- ☐ Delete unused phone apps.
- ☐ Hone in on your hobbies. Only keep what you'll actually use.
- ☐ Sort and label your cleaning supplies.
- ☐ Prune your gardening supplies.
- ☐ Corral your coffee station. Sort coffee and tea stash.
- ☐ Clean one closet.
- ☐ Tidy up your towels.
- ☐ Edit your shoe collection.
- ☐ Sniff and sort your spice cabinet. Toss old ones.
- ☐ Wean your reusable water bottles. No more leaks.
- ☐ Take a car load to your favorite donation center.

**BONUS BLAST:** Do a “ten minute tidy” each night before bed. It is a quick walk through the house (putting stray cups in the dishwasher, wiping down a counter, fluffing sofa pillows, setting up the coffee machine, etc.). These activities reset your space and set you up for a stress-free morning and successful start to a new day.