

7 DAY  
DECLUTTER YOUR NEST  
CHALLENGE

*Stress Less • Nest Better*

# 7 DAY DECLUTTER YOUR NEST CHALLENGE

## Before You Begin

### *Prepare Yourself*

In order to prepare yourself to declutter, you need to be in the right mindset. Yes, you will be getting rid of a lot of "stuff". Yes, you did spend your hard-earned money on that "stuff". But remember, that "stuff" is wearing you down - that's why you're here, after all. Be prepared to part with ~~some~~ a lot of your belongings by asking yourself these questions:

- Have I used or worn this in the last year?
- Does this item bring me joy?
- Does this item have sentimental value?
- Am I holding onto this item with the assumption that I may need it in the future?
- Would somebody else benefit from having this item?
- Is this item broken, missing pieces, or worn out?
- Is there a better or more efficient way to store this item (i.e., for paper clutter/photographs - can I convert this to digital format)

Remember why you are decluttering in the first place. Maybe it's because you want to be more organized to increase your productivity, or because you want to spend less time cleaning things up, or maybe all of the extra "stuff" around your house is just stressing you out. Whatever the reason, when the decluttering seems daunting, remember the reason that you decided to start decluttering in the first place.

### *Prepare Your Supplies*

To maximize productivity, gather needed supplies before you begin so that you are not having to stop mid-decluttering and lose momentum. Gather boxes or trash bags and label them as follows:

- Donate to Thrift Stores
- Give to Family or Friends
- Sell
- Relocate to Another Room
- Trash and/or Recycle
- Storage/Keep
- Repurpose or Fix

### *Prepare Your Environment*

- Put your phone away! Don't have your phone or other electronics within reach to distract you and take away from your productive time.
- Crank some tunes! Playing background music is a great motivator and can keep you energized.
- Reduce other distractions. If you have children, work on decluttering while they are at school or taking a nap. And commit to neglecting your other household chores like laundry and dishes while decluttering.

# 7 DAY DECLUTTER YOUR NEST CHALLENGE

## Day 1: Living Room

### *Blankets*

- Limit blankets to one per family member
- Relocate extra blankets that you want to keep to a storage closet
- Consider donating extra/unwanted blankets to local shelters or churches
- For a chic way to store blankets that you want to keep, consider a blanket ladder

### *Throw Pillows*

- Only keep pillows you are in love with
- Donate extra pillows to local shelters or thrift stores or post for sale on Facebook Marketplace/Craigslist/Ebay

### *Magazines & Newspapers*

- Take to the Recycling Center
- If there are article clippings or recipes that you want to keep, consider scanning them to store them on your computer or create a recipe binder

### *Old Decor Items*

- Only keep items that you love and that match your current decor scheme
- Donate gently used items to local thrift stores or post for sale on Facebook Marketplace/Craigslist/Ebay

### *Seasonal Decor Items*

- For those you want to keep, store in plastic bins neatly labeled so that they are easy to get out and put away as the seasons change
- Donate or sell unwanted items or items that have not been used in the last year

### *Old Remote Controls & Device Chargers*

- Only keep accessories that go with electronics you currently use. Trash extras.

### *Old Kid's Toys*

- Donate unwanted toys to thrift stores, children's centers, preschools, or churches
- Sell unwanted toys at seasonal consignment sales or to consignment stores

### *Old Candles, Scent Plug-Ins, Etc.*

- Trash those that haven't been used in a year or that you no longer want, or pass them on to a friend

### *Old Video Games & Electronic Devices*

- If they are in good working order, look for a video game retailer that buys games/devices, or Sell on Facebook Marketplace/Craigslist/Ebay

# 7 DAY DECLUTTER YOUR NEST CHALLENGE

## Day 1: Living Room

### *VHS Tapes, CDs, and DVDs*

- For sentimental items, convert to digital format (Google local digital conversion shops)
- Sell unwanted items online or to local used book stores
- Recycle/trash items that have become obsolete

### *Old Books*

- For books of value, list for sale on Amazon or other used book online retailers, or sell to local used book stores
- Donate old books to libraries, children's centers, preschools, or thrift stores

### *Fireplace Items*

- Trash old wood, newspaper, or fire starter items that you will not use
- Donate or trash fireplace tools that you do not use

### *Items that Don't Belong in the Living Room*

- Relocate items that don't belong to their proper places (only if it is something that you have used in the last year and/or want to keep)
- To store backpacks, shoes, purses, etc. that often end up in the living room, consider a hall tree or DIY Mudroom Wall. Find out how to build your own mudroom wall here:  
<https://thesavvysparrow.com/diy-mudroom-tutorial/>

# 7 DAY DECLUTTER YOUR NEST CHALLENGE

## Day 1: Living Room

### *Instructions for Printable Labels*

This Decluttering Challenge includes printable labels to help you organize items that you decide to keep:

- Print these labels, cut out, and laminate.
- Attach to baskets, plastic bins, etc. to neatly label items to keep
- Finished labels can be attached using metal key rings, velcro strips, hot glue, etc.
- Blank labels have been included to customize yourself

**EXTRA  
BLANKETS**

**WINTER  
DECOR**

*Day 1: Living Room*

**SUMMER  
DECOR**

**FALL  
DECOR**

**SPRING  
DECOR**

*Day 1: Living Room*

**SENTIMENTAL  
ITEMS**

# 7 DAY DECLUTTER YOUR NEST CHALLENGE

## Day 2: Kitchen & Dining Area

### *Dishes, Cups, & Silverware*

- Trash unwanted items that rarely get used or items that are in bad shape - these could include plastic kids cups from attractions, disposable restaurant cups/straws, water bottles that have broken pieces, etc.
- Donate kids' dishes and cups that your children no longer use
- For rarely used sentimental items such as china, pack away securely in a box

### *Pots & Pans*

- Trash items that are in poor condition - i.e., nonstick pans that have damaged teflon
- Donate items that have not been used in the last year
- For items that are rarely used such as a turkey roaster, pack away in labeled box

### *Kitchen Gadgets & Small Appliances*

- Donate items that have not been used in the last year or that you no longer want
- Trash items that are broken or missing pieces
- For appliances that are rarely used such as stand mixers or food processors, remove from countertops and store in back cabinets or clearly labeled boxes

### *Paper / Party Goods*

- For party items that you anticipate needing within the next year, store in a labeled box
- For opened packages of napkins, plates, etc., commit to using them soon to get rid of them
- For unopened packages, donate to churches or preschools or give to friends that may need them

### *Food & Drinks*

- Trash all expired food and drinks - in pantry, cabinets, and refrigerator
- Donate food items that you do not anticipate using before they expire to local churches or food banks

### *Paper Clutter*

- Remove and recycle old/unwanted paper clutter from countertops and front of refrigerator
- Relocate necessary papers such as bills or kids' school information to organized file folders

### *Junk Drawer Clutter*

- Go through junk drawer and trash any items that you no longer need or use - old restaurant sauce packets, receipts, coupons, random pieces to household items, etc.

### *Serving Platters, Bowls, or Utensils*

- Donate or give to family or friends serving items that have not been used in the last year
- For seasonal items that are rarely used and that you want to keep, store in a labeled box

### *Items that Don't Belong in the Kitchen*

- Relocate family members' items that often end up on the kitchen counters



*Day 2: Kitchen & Dining Area*

**PAPER/PARTY  
GOODS**

**CHINA**

**SEASONAL  
KITCHEN ITEMS**

*Day 2: Kitchen & Dining Area*

**SERVING  
ITEMS**

**TABLE  
LINENS**

# 7 DAY DECLUTTER YOUR NEST CHALLENGE

## Day 3: Master Bedroom & Closet

### *Blankets & Pillows*

- Donate unwanted or excess blankets and pillows - if you have cute decorative pillows and throw blankets, but you don't actually put them on your bed everyday, then they are probably laying in a pile on your floor - Give them away or commit to making your bed
- For those items that you want to keep for future guests, pack away in labeled boxes

### *Clothing & Shoes*

- Donate or give away items that you have not worn in the past year and items that no longer fit
- Sell high quality items at local or online consignment retailers such as ThredUp.com or Swap.com
- Trash worn out items or those with holes, or repurpose into cleaning rags
- Trash unmatched socks and worn out underwear and pantyhose
- Trash broken coat hangers, and consider investing in matching hangers to make your closet more visually appealing (White tubular hangers are sturdy and cheap!)
- Pack away seasonal clothing, shoes, and coats in storage until you need them

### *Jewelry & Accessories*

- Donate or give away items that have not been worn in the last year or that you no longer want
- Trash items that are broken or missing pieces
- Fix items that you think you can fix by yourself, or repurpose into a new item, i.e. - old pendant into new broach
- Sell high-quality pieces on ebay or online consignment stores

### *Nightstand & Dresser Clutter*

- If your nightstand has drawers, there's a good chance that they look like the junk drawer in your kitchen. Go through drawers and trash items that you no longer need or use. For items that you want to keep in your drawers, set aside in a neat pile to reorganize in drawer dividers. For items that don't belong in the drawers, relocate them to the proper places.
- Nightstand and dresser tops are prime spots to collect clutter. Clear off excess decor items or items that don't belong there.
- Consider storing small items that you want to keep on top of dressers or nightstands in decorative baskets or bins

**\*\* Do 2 quick and simple things to instantly make a bedroom feel less cluttered:**

**1. Make the Bed**

**2. Pick up clothes/shoes from off the floor and put them away**

*Day 3: Master Bedroom & Closet*

**SEASONAL  
CLOTHING**

**COATS & WINTER  
ACCESSORIES**

# 7 DAY DECLUTTER YOUR NEST CHALLENGE

## Day 4: Bathrooms & Linen Closets

### *Bath Towels, Hand Towels, & Washcloths*

- Donate worn or unwanted items to local homeless shelters, animal shelters, or thrift stores
- For those items that you want to keep for future guests, pack away in labeled boxes
- Think about how many towels you really need. For most people, you only need one large bath towel, one pool towel, and one washcloth per family member and 2-3 extra for guests. Excess towels and washcloths can be repurposed into cleaning rags or donated.

### *Bed Linens*

- Donate extra bed linens to homeless shelters, animal shelters, or thrift stores.
- You probably only need 1-2 sets of sheets per bed.

### *Medications & First Aid Items*

- Properly dispose of expired medications
- Organize medications in a small labeled bin or first aid kit. Combine like items by use/function.

### *Toiletries*

- Trash toiletries that have not been used in the past few months and those that are expired

### *Samples*

- If you have had samples for more than a month and still haven't used them, chances are you never will. Trash them or give to a friend.
- Consider making bags of sample-sized toiletry items to donate to local missions

### *Empty or Almost Empty Bottles*

- Trash or recycle empty bottles or bottles that are almost empty that you have not used up in the past few months

### *Duplicate Items*

- Organize all duplicate toiletry and makeup items together in a plastic bin so that you can easily find them. This will also help prevent you from buying more of items that you don't need.

### *Bathroom Decor or Knick Knacks*

- Donate, sell, or give to family or friends the bathroom decor that you don't really love. Extra decorative knick knacks that don't serve a purpose contribute to the overall feeling of clutter.

### *Beauty Tools*

- If you have beauty tools (hair dryers, curling irons, etc) that you haven't used in the past 6 months, donate them to thrift stores or give to family and friends.

Day 4: Bathrooms & Linen Closets

**EXTRA BATH/BED  
LINENS**

# 7 DAY DECLUTTER YOUR NEST CHALLENGE

## — Day 5: Playroom, Bonus Room, or Office —

### *Old Computer Items*

- Donate computer items that you no longer use such as keyboards, mice, or blank CDs/DVDs
- Trash or recycle empty ink cartridges, ethernet cords/computer cords or outdated software that you no longer need

### *Old Toys & Books*

- Donate toys and books that are no longer needed, or give them away to family and friends.
- You can also sell toys and books that are in good condition to brick and mortar resale shops like Once Upon A Child or to online consignment stores like Thredup.com or Swap.com.
- Trash toys that are broken or missing pieces

### *Paper Clutter*

- Trash or recycle paper items that you no longer need such as old receipts, expired coupons, old instruction manuals, business cards, and reminder notes for things that have already passed
- Store important paper clutter such as current tax documents and receipts, personal documents (birth certificates, SS cards, etc), and kids' sentimental papers in neatly labeled file folders

### *Office Desk Decor & Knick Knacks*

- Donate, sell, or give away items that you don't really love. Mini signs, figurines, or other desk "ornaments" that don't serve a function look cluttered.

### *Cords & Cables*

- Trash or recycle cords and cables that you no longer use (electronic chargers for items you no longer have, A/V input cables you no longer use, etc)

### *Empty Product Boxes*

- Trash or recycle empty boxes that you have been holding on to for years "just in case", such as boxes from internet modems, cameras, or power tools

### *Broken Pens & Markers*

- Trash writing utensils that are no longer usable

### *Items that Don't Belong Here*

- Relocate items that don't belong here to their proper places

# 7 DAY DECLUTTER YOUR NEST CHALLENGE

## Day 6: Kids' Bedrooms

- Since kids grow out of clothes, shoes, and toys so quickly, you may have a TON of items to declutter from your kids' rooms. If you have more than one child, you may need to take an extra day to do the job right.

### *Clothing & Shoes*

- Donate to shelters or trash clothing or shoes that have holes or stains.
- Sell or give away clothes and shoes in good condition that your child has outgrown. One of my favorite places to sell kids' clothes and shoes is to Once Upon a Child. I often get store credit for my gently-used items and use the credit to get my kids clothes for the next season.
- Repurpose old kids' clothes into a cute (and sentimental) **DIY fabric tassel garland** for room decor! See full instructions at <https://thesavvysparrow.com/diy-tassel-garland/>
- For older kids, involve them in the process of decluttering clothes and shoes. Just because something fits them, doesn't mean that they actually like it or will wear it.
- Store clothes and shoes from older kids in neatly labeled boxes for when they will fit your younger kids.
- While decluttering kids' clothing, you may need to have your children try on items to check for fit.

### *Jewelry & Accessories*

- Donate, sell, or give away accessories that your kids' have outgrown (infant hair bows, belts, winter hats, etc)
- Trash items that are broken or in poor condition

### *Toys, Books, DVDs, Video Games*

- Donate, sell, or give away toys that your kids no longer use or play with
- Trash toys/puzzles that are broken or missing pieces or discs that are scratched beyond repair
- For older kids, ask them which toys they want to keep and which they want to donate to children in need. It helps to talk them through whether they have used a toy recently, or if they really still want it.
- If you are running out of room for toy storage, explain to your kids that they will have to prioritize toys that they want to keep. Involve them in the process of taking the excess toys to local children's hospitals or children's homes and explain to them that they are doing a GREAT thing by giving their toys away to kids that are less fortunate.

### *Nightstand & Dresser Clutter*

- Declutter and relocate random items that probably end up laying on top of dressers/nightstands

### *Art Work & School Work*

- Display important "masterpieces" on a piece of string/rope using clothespins, that way they can easily be swapped out for more recent pieces
- Store sentimental papers in labeled file folders
- Snap pictures of kids' art work and store it in digital format on a USB drive



*Day 6: Kids' Bedrooms*

**HAND-ME-  
DOWNS**

**KIDS'  
SENTIMENTAL  
ITEMS**

# 7 DAY DECLUTTER YOUR NEST CHALLENGE

## Day 7: Garage / Storage Area

### *Lumber or Other Project Scraps*

- Trash or recycle items that you are not likely to use in the next 6 months

### *Sports Equipment*

- Donate, sell, or give away sports equipment that you haven't used in many months
- Consider donating used kids' bikes/helmets to local children's homes or churches
- Trash sports equipment that is broken or missing pieces

### *Dried Out Paint / Old Paint Cans*

- Properly dispose of old paint cans
- If the paint cans are for wall/cabinet colors that are in your house currently, then snap a picture of the label showing the color/finish information. That way, if you need to match a current paint color you already have the necessary info.

### *Holiday / Seasonal Decor*

- Donate, sell, or give away seasonal decor that you have not used in the last year
- Trash broken Christmas lights or other decor that is not in good condition

### *Old Tools and Random Nails/Screws*

- Trash broken tools and random small hardware items like nails, screws, bolts, etc that you will not use
- Donate, sell, or give away tools that are in good, working condition that you probably won't use

### *Trash*

- The garage is a prime spot for collecting trash like cardboard boxes. Remove all trash.

### *Old & Expired Chemicals*

- Trash old chemicals, grass seeds, fertilizers, etc that are past their primes or products like car leather cleaner wipes that are dried out.
- Be sure to properly dispose of chemicals that may be hazardous (motor oils, bleach, etc)

### *Random Items that You Have "Just In Case"*

- Get rid of items that you're holding on to "just in case". Some of those items for us were old dance shoes (just in case my daughter wanted to start taking dance classes) and an old door knob (just in case we needed to replace one of our knobs some day).

# 7 DAY DECLUTTER YOUR NEST CHALLENGE

## After You're Done

### *Pat Yourself on the Back!*

- Yeah! You made it! Great job!
- Hopefully by now you're enjoying your nice, clean, clutter-free home.

### *Prepare Your Piles of "Stuff"*

Go through each box of "stuff" that you have accumulated over the past several days, and make adjustments if necessary. Sometimes in the midst of separating so many items, one or two can end up in the wrong pile. Use these few tips for each box:

*Donate* - Be sure that items from your donate pile are packed inside a trash bag or box that you no longer want. Your local thrift store doesn't want items that are broken or missing pieces, or clothing with holes, so switch those to the trash pile.

*Give Away* - Separate items that you decided to give away to family and friends into piles for each person. Make separate bags for each person's pile and label with his or her name. Store in your garage or the trunk of your car so that you have the items the next time you see that person.

*Sell* - If you plan to sell a large amount of items to local seasonal consignment sales, decide if it is really worth your time to prep your items. Prepping items for seasonal consignment sales usually involves hanging them on hangers, pinning them in place, making price tags, and dropping off your items. This process can easily take 8+ hours for 2-3 trash bags worth of clothes.

*Relocate to New Room* - Go through items in this box and put them away where they belong.

*Trash & Recycle* - If you have a TON of stuff in this pile, contact your local waste center to get info about dropping off your trash and recyclables. If you have trash pick-up service, be sure that your trash company will pick up excess garbage that does not fit in the bin.

*Repurpose or Fix* - Set aside all items from this box and then commit to actually fixing them. If a few months go by and you still haven't repurposed or fixed items in this box, trash them.

### *A Note on Paper Clutter*

- You briefly went through paper clutter on the home office day. However, paper clutter is a HUGE job and could probably take up a whole entire day by itself. If you have decades of random papers to declutter and organize, you may want to add an additional day to get the job done right.
- For paper organization, I use hanging file folders labeled with the following categories:
  - Personal documents (birth certificates, marriage license, SS cards, passports, etc)
  - Financial documents (bank statements, stock statements, savings bonds, etc)
  - Insurance (health, car, home, life)
  - Auto (loan info, maintenance records, etc)
  - Current tax year receipts
  - Previous years' tax returns and receipts/forms
  - Kids' sentimental papers (first spelling test, rewards/certificates, birth announcements, etc)
  - Home documents (maintenance records and invoices, appliance warranties, etc)