

The daily  
**Declutterathon**

a no-stress, no-mess way  
to declutter your home  
in 15 minutes a day!



with **Andrea Dekker**

**Are you tired of the clutter in your home, but not sure where to start?**

**Would you like to spend LESS time keeping up with your clutter and MORE time on other, more enjoyable and fulfilling activities?**

If so, you're in the right place!

I believe you can declutter your home in 15-minute spurts -- without excess stress or mess -- AND develop a really great daily habit in the process!

**Keep reading for practical, doable decluttering tips that actually WORK!**

# What is The Daily Declutterathon?

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It's the process of **QUICKLY removing items you no longer need, want, use, or love from your home -- on a consistent DAILY basis.**

It's **not** about decluttering your entire home in one fell swoop.

It's **not** about how to best organize every individual area of your home.

It's certainly **not** about creating unrealistic Pinterest-perfect spaces.

**It's about *quick wins*** -- no week-long projects taking over your life.

**It's about *instant action*** -- no more procrastination.

**It's about *easy decisions*** -- no stressful or overwhelming choices.

**It's about *practical results*** -- no drama or big production.

**It's about *habits that stick*** -- no falling back into your old ways.

The Daily Declutterathon is a simple, practical, doable way for YOU to make forward progress in your home -- no matter how busy, tired, or overwhelmed you are.

**You deserve this for your home and your life.**

**I believe you can do it!**

# Why a “Declutterathon”?

Pulled from the word “Triathlon” I feel that the term “Declutterathon” is very motivational (great for those of us who love some healthy competition!)

If you are unfamiliar with Triathlons, they are a multisport race with 3 sequential races (swim, bike, run). A tri-athlete’s success depends on CONSISTENT daily training.

**That same consistency is needed to declutter our homes!**

No, you won’t actually “win a race” and you certainly won’t get as sweaty, **but you will start to develop the fantastic habit of daily decluttering** (which is a vital step in the process of simplifying and organizing your home and life!)

## Daily Declutterathon Basics:

**I explain the process in more detail on the next few pages, but the simple steps below lay out the basic framework for The Daily Declutterathon!**

1. Print pages 4 and 5 of this workbook to use as your guide.
2. Choose ONE area on the list to start.
3. Set a timer for 15 minutes (preferably when you won’t be interrupted).
4. Declutter THAT space by removing anything that doesn’t belong or isn’t used.
5. Stop when the timer goes off.
6. Check the box next to the space you worked in and carry on with your day.
7. Repeat steps 2-6 daily (or a few times per day), choosing a new space each time.
8. Continue until it becomes a daily habit!

**See... I told you it was SIMPLE!**

**BONUS TIP:** When you finish everything on the checklist, print off another list and start over again!

# the daily Declutterathon checklist

Choose ONE task every day and work on it for 15 minutes. Check the box and move on.

## MASTER BEDROOM

- Your Night Stand
- Spouse's Night Stand
- Your Dresser ← *do one drawer at a time if needed*
- Spouses' Dresser
- Under the Bed
- Closet (shirts/tops)
- Closet (pants/bottoms)
- Closet (dresses/skirts)
- Closet (shoes)
- Closet (accessories)
- Pajamas
- Active Wear
- Occasional Wear
- Seasonal Items
- 
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## MASTER BATH

- Counter
- Under Sink(s)
- Drawers
- Cabinets
- Shower
- Linens
- Medicine Cabinet
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## WHERE TO START?

There is no "right" place to start, but I like starting with the master bedroom and bathroom because those are the first and last areas I see each day.

## LAUNDRY ROOM

- Cleaning Products
- Cleaning Tools
- Linens
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The laundry room is also a quick win for me!

## KID'S ROOM 1

- Night Stand
- Dresser
- Socks & Undies
- Under the Bed
- Closet (shirts/tops)
- Closet (pants/bottoms)
- Closet (dresses/skirts)
- Closet (shoes)
- Closet (accessories)
- Pajamas
- Sports Gear
- Occasional Wear
- Seasonal Items
- Toys ← *focus on quick decisions*
- Desk
- Books & Games
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## KID'S ROOM 2

- Night Stand
- Dresser
- Socks & Undies
- Under the Bed
- Closet (shirts/tops)
- Closet (pants/bottoms)
- Closet (dresses/skirts)
- Closet (shoes)
- Closet (Accessories)
- Pajamas
- Sports Gear
- Occasional Wear
- Seasonal Items
- Toys
- Desk
- Books & Games
- 
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*make copies of this page if you have more than 2 kids' rooms*

## OTHER BATH

- Counter
- Under Sink(s)
- Drawers
- Cabinets
- Shower / Tub Toys
- Linens
- 
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## HALF BATH

- Counter
- Under Sink
- Drawers
- Cabinets
- Linens
- 
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# the daily Declutterathon checklist

Choose ONE task every day and work on it for 15 minutes. Check the box and move on.

## KITCHEN

- Main Counters
- Island Counter
- Utensils & Knives
- Dishes & Serving Items
- Cups & Mugs
- Water Bottles
- Pots & Pans
- Food Storage Containers
- Bags, Paper, Foil
- Small Appliances
- Baking Items
- Cookbooks
- Refrigerator/Freezer
- Junk Drawer
- Pantry
- Lazy Susan
- Other Drawers
- Other Cabinets
- Kitchen Linens
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## DINING ROOM

- Table
- Buffet / Hutch
- Extra Dishes
- Extra Glasses
- Linens
- Partyware
- Holiday Items
- Paper Products
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## ENTRYWAYS

- Shoes & Boots
- Coats
- Hats & Gloves
- Winter Gear
- Summer Gear
- Bags & Backpacks
- Sports Gear
- School Gear
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## OFFICE

- Desk Surface
- Desk Drawers
- Filing Cabinet
- Storage Cabinet
- Closet
- Mail / Paper
- Craft Supplies
- School Supplies
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## LIVING AREAS

- family room,  
Living room,  
Parlor, Den
- DVDs & Other Media
  - Games & Puzzles
  - Books & Magazines
  - Blankets & Pillows
  - Coffee Table
  - Side Tables
  - Under Furniture
  - Toys
  - 
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## STORAGE

- Basement,  
garage, extra  
closets
- stick to 15  
minutes!
- Baby Gear
  - Outgrown Clothing
  - What If I Need It Items
  - Holiday Items
  - Home Decor
  - Memorabilia
  - Paint & Project Supplies
  - Tools
  - Extra Craft Supplies
  - Exercise Equipment
  - Outdated Media
  - 
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## PLAY SPACES

- Stuffed Toys
- Dolls & Accessories
- Action Figures
- Cars, Trains, Trucks
- LEGOs & Blocks
- Games & Puzzles
- Craft Supplies
- Art Supplies
- Children's Books
- Chapter Books
- Baby Gear
- Electronic Toys
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## LINEN CLOSET

- you need  
less than  
you think!
- Bath & Hand Towels
  - Beach Towels
  - Washcloths & Rags
  - Extra Sets of Sheets
  - Extra Blankets
  - Extra Comforters
  - Extra Pillows
  - Sleeping Bags
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# The Main Goal:

I want to reiterate that the goal is **NOT** to end up with a perfectly neat and organized space when the timer goes off.

**THE GOAL IS *progress!***

But even more than just “progress” -- it’s constant DAILY PROGRESS that builds momentum and nurtures a new habit.

Your space will not be perfect... **BUT IT WILL BE BETTER THAN BEFORE!**

You will not magically love decluttering, but you will be strengthening your new “decluttering muscles” so the process will feel like less work!

## 7 Benefits of Daily Decluttering:

There are so many different theories of organization -- and different approaches may work better for different personality types.

BUT, in my opinion, The Daily Declutterathon is one of the fastest and easiest ways to improve the look and function of your home (without extra stress).

Let me explain a few benefits...

### 1. It offers instant gratification.

After 15 minutes, your space will actually LOOK different. It won’t be perfect, but it will be BETTER THAN BEFORE.

Seeing this type of progress unfold almost instantly is SO rewarding!

## 2. It's doable.

We're all busy... I get that.

BUT, I'm confident we can all find 15 minutes each day to devote to decluttering.

All you need is a trash bag, a timer, and 15 minutes -- there are no excuses!

## 3. It provides structure without a strict routine.

There really aren't any "rules" with The Daily Declutterathon -- except to work on one space for 15 minutes every day.

- It doesn't matter WHEN you do your 15 minutes.
- There's no right or wrong space to start with.
- You don't have to work in any specific order.
- You can't ever get "behind" because there's not a schedule -- if you miss a day, just jump back in the next day.

## 4. It's stress-free (no difficult decisions).

As I mentioned earlier, your goal is **simply to make continual progress and move forward.**

Your task is to remove anything that obviously should not be in your space -- garbage, things you don't love or use anymore, clothing with stains or rips, toys that are broken, paperwork you don't need, etc., etc.

These are easy, stress-free decisions that really shouldn't be difficult to make.

This means you can move quickly without getting bogged down by the stress of dealing with sentimental or emotional clutter.

## 5. It's mess-free (you don't pull everything out).

There's a time and a place for pulling EVERYTHING out of a space and doing a complete overhaul.

Personally, I enjoy this more extreme method... but, it can be overwhelming, and it creates a massive mess in your home until the project is finished.

It's definitely not practical or doable on an everyday basis.

The Daily Declutterathon, however, is virtually mess-free as your only task is to remove items that don't belong (and then dispose of them).

You aren't revamping, reorganizing, or deep cleaning your space (although you might choose to do these things at a later time). You're simply removing (decluttering) what shouldn't be there.

Evaluate and declutter your areas as quickly as you can -- knowing that whatever items you remove will bring you closer to your goal of a simpler, more organized home.

## 6. It creates momentum.

It's easy to get excited about starting a new project and FINALLY getting organized once and for all (right?)

However, as the days tick on, that motivation starts to wear off... and what you really need is momentum to continue pushing forward.

In my experience, one of the best and easiest ways to build momentum is to experience small "wins" on a consistent basis.

By using the checklists in this packet, you will have visible proof of the progress you've made and all the little "wins" you've experienced.

I know it sounds small, but this builds up great momentum over time!



## 7. It develops a fantastic habit.

When it comes to maintaining order in our homes, one of the biggest predictors of success is our willingness to consistently work at it each and every day.

This is not easy -- especially if organizing isn't a natural skill for you.

However, by setting a timer for 15 minutes EVERY day, you will develop a new habit of regularly and consistently decluttering your spaces BEFORE they get totally out of control.

This habit will benefit you, your home, your children, and your life forever!

**Imagine how different your home and life will look and feel when you no longer have the stress of so much extra stuff!**

**Pretty fantastic... huh!**

**I believe you can get there, starting with just 15 minutes a day!**

## How Long Will It Take?

This depends on the amount of time you put in, how diligent you are, how quickly you make decisions, and how much stuff you have to declutter.

But based on LOTS of experience helping my own organizing clients to declutter their spaces, I can tell you it probably WON'T take as long as you think.

Seriously, just get started! You'll start to notice a difference within a few days!

# A Few Examples:

**I don't want The Daily Declutterathon to feel more complicated than it has to be... it really is just CRAZY simple!**

However, in an effort to reduce any confusion, let me share a few examples of how I would personally declutter my own space using this method.

## **SPACE #1 = Dresser or Chest of Drawers**

- Set a timer for 15 minutes.
- Open the top drawer and remove any trash (papers, receipts, randomness).
- Toss any socks without a match or undies that are stretched out.
- Look through the next drawer and remove the unworn t-shirts /shorts.
- Scan the next drawer and pull out that pair of PJ's I don't love.
- Glance through the bottom drawer and toss 2 pairs of sweats I don't want.
- Toss the trash (paper, undies, socks) and put other items in a donation box.
- Carry on with the rest of my day.

## **SPACE #2 = The Refrigerator**

- Set a timer for 15 minutes.
- Open the produce drawers and trash anything past its prime.
- Scan the containers of leftovers and do the same.
- Make a note to eat up remaining leftovers soon.
- Go through condiments and toss any that are expired.
- Look over everything else in the fridge and make a plan to use it soon.
- Wipe up crumbs and spills.
- Wipe down the front of the fridge and the handles.
- Carry on with the rest of my day.

## **SPACE #3 = One Bookcase (books, toys, games, DVDs)**

- Set a timer for 15 minutes.
- Start on the top shelf and remove any items I don't need, want, or use.
- Continue working my way down each shelf of the bookcase.
- Toss any trash and add donations to the growing pile.
- Carry on with the rest of my day.

## SPACE #4 = Bathroom Vanity

- Set a timer for 15 minutes.
- Start by clearing the clutter from the counter (trash it or put away).
- Next, declutter the area under the sink.
- Quickly scan the drawers and remove items I don't need, want, use, or love.
- Toss expired items, empty containers, etc.
- Remove anything I won't use (trash or donate it).
- Carry on with the rest of my day.

## The Proof Is In!

I recently compiled the results of a survey I sent to a few thousand of my most loyal readers.

This survey confirmed what I've already known for years and years...

The top struggles when it comes to managing our home and life are:

1. **Lack of time.**
2. **Lack of accountability.**
3. **Not knowing where to start.**

### Can you relate?

The Daily Declutterathon addresses each one of these struggles -- another reason I love this practical organizational method!

1. **Lack of time** = the Declutterathon only requires 15 minutes a day.
2. **Lack of accountability** = you have the chart to track your progress.
3. **Not knowing where to start** = pick one space and go from there!

# Ready to Transform Your Home?

The act of decluttering is not as glamorous as organizing your things into cute bins and baskets with decorative labels , but it's the necessary first step to simplifying and organizing your home (and life).

## Let's stop making excuses and let's just get started!

I know you're busy, I know you feel overwhelmed... but do me favor and set your timer for 15 minutes at some point TODAY and see how much decluttering you can do.

Then do it again tomorrow!

**I believe YOU can create a simpler, more organized home + life AND have time to enjoy it!**

You don't need time off from work, fancy tools, big messes, or extra stress... you just need 15 minutes, the printable checklists (pages 4 + 5), and a few trash bags!

**Happy decluttering,**



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**ONE FINAL TIP:** Take “before” pictures of your spaces NOW so you can look back and see the transformation.

Feel free to tag me if you share them on social media!

Instagram = @Andrea\_Dekker

# About Andrea:

Hey there!

I'm Andrea Dekker -- wife, mother x4, pro-organizer, life-simplifier, and content creator for the well-known lifestyle blog → [AndreaDekker.com](https://www.andradekker.com).

**→ Simple organized living is my passion!**

I believe in progress, not perfection & I know getting started is often the hardest part.

If you're struggling to get started on the journey to a simpler, more organized home and life, let The Daily Declutterathon be your first step in the right direction!



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