

# START DECLUTTERING: 14-DAY CHALLENGE

By Cara Palmer

# DAY 1

You're here because you want to start decluttering in a way you can actually stick with.

- Not an all-day purge.
- Not a total home reset.
- Just progress that feels realistic.

For the next 14 days, you'll work through one small decluttering step at a time. Each step is simple on purpose — because momentum is built by finishing, not by burning out.

## Day 1: Clear One Surface

Pick one surface you see every day:

- a kitchen counter
- a bathroom sink
- a nightstand
- a dining room table
- a desk

Clear just that one spot.

That's it.

Stopping after one finished task isn't quitting — it's how you make progress repeatable. You're not behind. You're starting. When you're ready, move on to Day 2.

## DAY 2

### ONE DRAWER. THAT'S ENOUGH FOR TODAY.

Today's win is simple.

Choose one drawer:

- junk drawer
- bathroom drawer
- sock drawer

Open it. Remove anything that clearly doesn't belong there anymore.

You don't need to organize perfectly. You don't need bins. You don't need to finish the whole room.

One finished drawer creates momentum — and momentum is what makes this stick.

## DAY 3

### CLEAR SPACE, NOT YOUR WHOLE SCHEDULE

Today, we're keeping this easy.

Walk through your home with a trash bag and collect:

- obvious trash
- empty packaging
- things already broken

No sorting. No decisions. Just removal.

This is one of the fastest ways to see visible progress — and visible progress is motivating.

## DAY 4

### DUPLICATES YOU DON'T NEED

Most clutter hides in duplicates.

Today, pick one category:

- water bottles
- coffee cups
- phone chargers
- travel mugs

Keep your favorites. Let the extras go.

You're not depriving yourself — you're simplifying decisions. And that matters more than it sounds. Fewer choices = less friction = easier days.

If this pace is working for you, I share similar small, realistic decluttering ideas on [Pinterest](#) and [Facebook](#) too — for the days you want a little extra inspiration.

## DAY 5

### THE FRIDGE CLEANOUT THAT ACTUALLY HELPS

Today's focus: your fridge.

Remove:

- expired food
- leftovers no one is eating
- sauces you don't recognize

You don't need to deep clean. You don't need to empty shelves.

A clearer fridge makes everyday life easier — meals, groceries, and cleanup.

## DAY 6

### USE IT OR LET IT GO

Today's question is simple:

Pick one small area and ask:

- Have I used this recently?
- Would I buy it again today?

Examples:

- rarely used kitchen gadgets
- hobby supplies you don't reach for
- decor you no longer notice

You're not judging past choices — you're choosing what supports your life now.

## DAY 7

### DO THE HARD THING FIRST

Today's task is about confidence.

Pick one thing you've been avoiding:

- returning something
- tossing a broken item
- donating a bag that's been sitting

Do that first.

Hard things lose power once they're done — and finishing them builds real momentum.



## DAY 8

### YOU'RE BUILDING MOMENTUM — WHETHER YOU REALIZE IT OR NOT

You're halfway through this series — and that's not nothing.

By now, you've already made decisions, finished small tasks, and proven to yourself that progress doesn't require an entire day (or a total meltdown).

That's momentum.

Today isn't about starting something new. It's about reinforcing what's already working.

Today's step: Pick one area you've already touched this week and make it slightly better.

- straighten it
- remove one more thing
- finish what you paused

You're not starting over. You're stacking wins.

This is how decluttering becomes something you keep doing — not something you have to psych yourself up for. When you're ready, keep going with the next small step.

## DAY 9

### THE DIGITAL CLUTTER YOU DON'T SEE

Clutter isn't just physical.

Today, pick one digital space:

- your phone photos
- your email inbox
- apps you never use

Delete what's obvious.

You don't need inbox zero. You don't need to organize everything. Just removing a little digital noise makes everything feel calmer — including your home.

## DAY 10

### THE CABINET YOU AVOID

You know the one.

Choose one cabinet, drawer, or shelf that's annoying to open. Remove a few things that make it harder to use — items you have to move around, dig past, or work around every time.

Your home doesn't need to look perfect. It needs to work better for you.

## DAY 11

### CLOTHES WITHOUT OVERTHINKING IT

We're keeping this focused.

Pick one small clothing category:

- socks
- workout clothes
- pajamas
- underwear

Remove what doesn't fit, feel good, or get worn.

You don't need a full closet overhaul to make mornings easier.

## DAY 12

### SMALL DECISIONS ADD UP

Today's task is quick.

Pick one space and remove three things that don't support how you use that space anymore.

For example:

- expired or half-used products
- items you keep moving out of the way
- duplicates you never reach for
- things that technically belong somewhere else

You're not organizing. You're not fixing everything. You're just making a few small decisions that create a little more room.

That's how space is created — one choice at a time.

## DAY 13

### ONE LAST WIN

Choose something easy today.

A shelf. A bag. A small stack of papers.

Work on it until there's nothing left to decide — everything in that small area is either kept, tossed, or put where it belongs.

Then stop.

You don't need to keep going. You don't need to start something else.

Ending on a truly finished task reinforces the habit you're building — because your brain remembers completion, not exhaustion.

## DAY 14

### YOU DID THIS — AND YOU SHOULD FEEL REALLY GOOD ABOUT IT 🧡

Over the last two weeks, you showed yourself that progress doesn't have to be overwhelming to be real.

You made space — not by doing everything, but by doing what you could, when you could, without turning it into a big production. That matters.

Right now, you don't need to do anything else. You don't need to keep going. You don't need a next goal.

It's okay to stop here and enjoy the space, ease, and clarity you've already created.

Some people naturally feel ready to pause after this — and that's a good place to be.

Others notice that once things feel lighter, they want to keep going — not out of pressure, but because it finally feels manageable.

If that's you, I've put together a few ways to continue when (or if) you're ready:

👉 Room-by-Room Declutter Challenge For taking things one step at a time, at your own pace.

👉 30-Day Declutter Challenge For a slow, steady rhythm that fits into daily life.

👉 100 Things to Declutter Challenge For flexible, quick wins with no set schedule.

There's no expectation to choose anything today — or ever.

You've already done enough.

However you move forward, I hope you'll remember this feeling:

Progress doesn't have to be hard to be real.