

Decluttering challenge for

Busy
moms



THROW IT ALL AWAY

Hello and thank you for downloading the Decluttering challenge for busy moms workbook.

This system helped me get rid of all the clutter that has been building in my home for years. Now, I hope it will help you do the same.

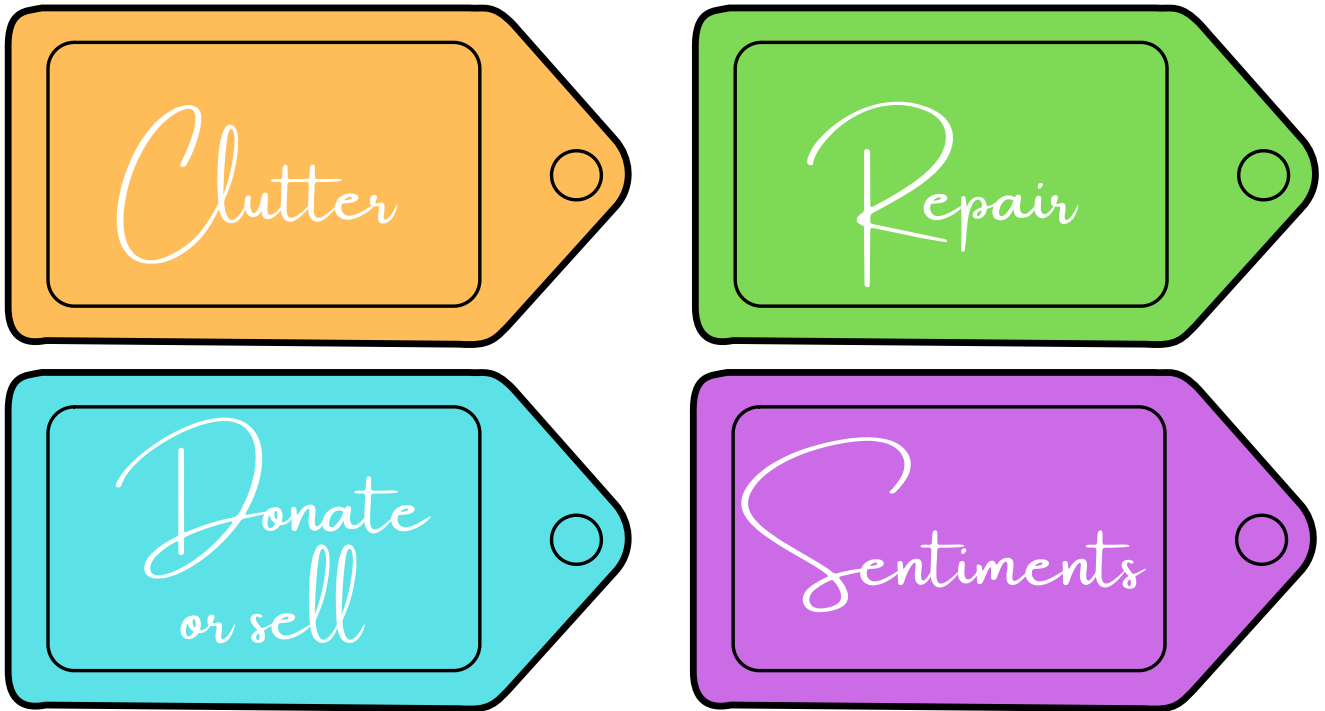
How to use the workbook

1. Make a list of all the rooms in your home, storage and amenities included. For each room, list all storage spaces that you have. Start with the room you spend the most time in.
2. Set a timer for 15-30 minutes and start decluttering one storage space at a time. Check it off when done and continue to the next one.

Need more help? Check the complete guide on the [**Decluttering Challenge For Busy Moms: Throw It All Away**](#).

Good luck!!

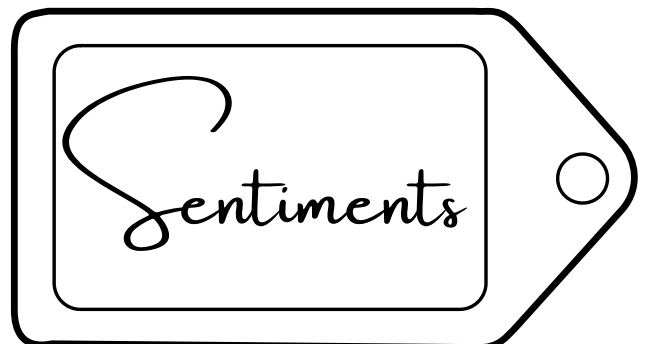
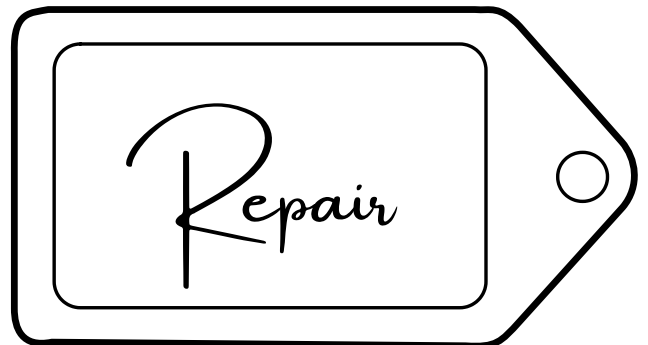
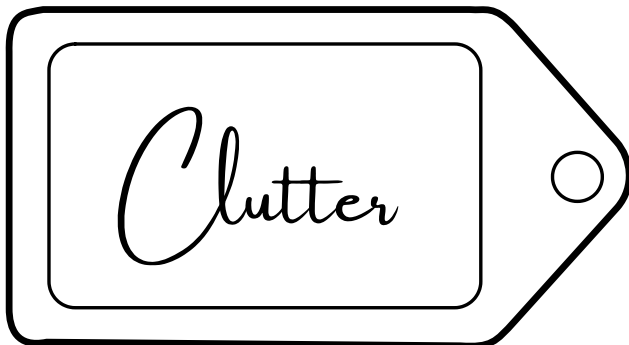
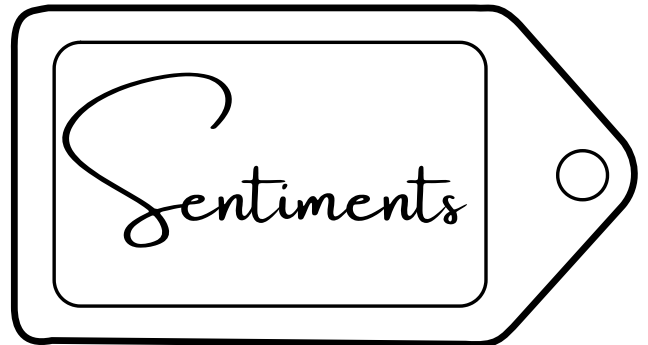
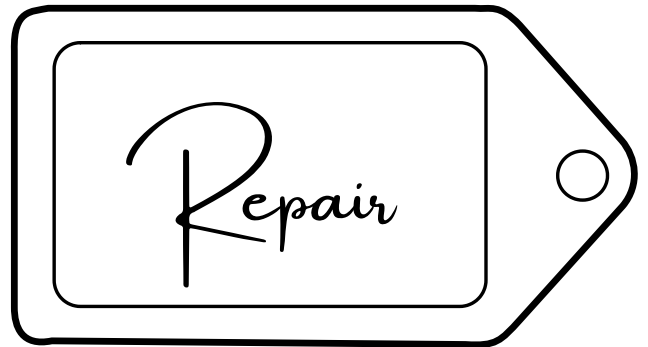
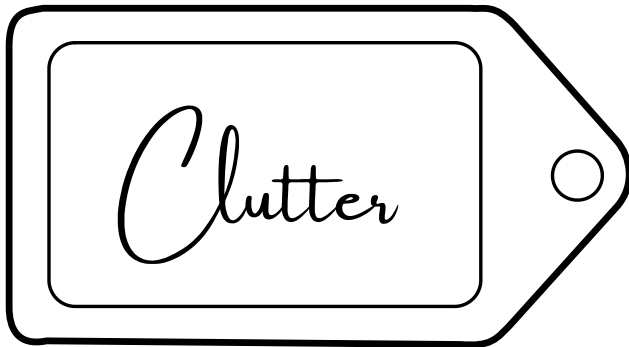
Labels



- **Clutter.** I.e. throw away at the end of the day. Once inside there is no going back and no need to think twice about it.
- **Repair.** If you want to give something a second chance add it to the repair box. But you need to either repair it by the end of the week or get rid of it. Come Sunday evening, everything that is still in the repair box goes to the bin.
- **Donate or sell.** You may find stuff that you don't really need but could be of use to someone else. Put these aside and either donate them or put them for sale immediately. Keep in mind that if you try to postpone giving them away they will most probably go back to the cabinet so either give them now or just throw them away.
- **Sentiments.** For anything that you know is useless but you just can't make yourself throw away. You would eventually need to either find a place to display these items or get rid of them. Don't worry, at the end of the challenge letting go will be a bit easier.

Labels

Ink-saving labels in case you need a bit more



Throw away checklist



- VHS and cassette tapes
- CDs and DVDs
- Outdated electronics
- Random cables and wires
- Old newspapers and magazines
- Paper clutter
- Figurines
- Expired cosmetics
- Expired medication
- Tattered towels
- Old or stained sheets
- Stained or torn clothes
- Chipped, cracked, or single glasses and dishes

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