

50 Day Decluttering Challenge

The Goal →

Donate or discard 1 item for 30 days.
Complete within 50 days of start date.

*The 50 day window is designed to offer flexibility within the structure. When building new habits, rigidity can be detrimental. Think *progress* over *perfection*.

Guidelines → Additional items should not count
towards an extra day earned.

(Discarding 10 items in one sitting is amazing, but only permits one bubble filled.)

The intention is to reframe *decluttering as a lifestyle* or routine, rather than a seasonal endeavor.
Avoid the bigger pickle—go little by little.



Choose your own adventure...



Option 1

Dedicate a *non-material* reward to “cash in” once you’ve successfully completed 30 days.

(Mani/pedi, massage, concert tickets, dinner reservations, experience oriented, etc.)

Option 2

Choose a specific material item that will enhance your organizing/decluttering goals. Identify the item of choice before the challenge begins. If the item still aligns with your vision upon completion, buy it!

*Tip: Pick something special but within your budget.
(It isn't a reward if it's beyond your means.)*



Start date: _____

End date: _____

My reward:

I, _____, agree to challenging myself for 30-50 days, to the best of my ability, understanding that my “best” fluctuates regularly. In committing to this endeavor, I am aware of the benefits that flow as a natural result of releasing my home of possessions that no longer serve me and my future.

Signature: _____

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50

