7-Day Small-Space Decluttering Checklist

One small zone a day. Tick tasks as you go and note what you want to keep, donate or recycle.

Day 1 — Entryway & shoes

- ☐ Clear the floor area
- ☐ Pair up shoes; set aside unworn pairs
- ☐ Empty bags and pockets

Day 2 — Wardrobe

- ☐ Remove items you have not worn this season
- ☐ Group by type
- ☐ Set aside donations

Day 3 — Kitchen counters

- ☐ Clear everything off
- ☐ Return only daily-use items
- ☐ Wipe down surfaces

Day 4 — Cupboards & pantry

- ☐ Check use-by dates
- ☐ Group similar items
- ☐ Note items to use up first

Day 5 — Bathroom

- ☐ Bin empty or expired products
- ☐ Group daily items together
- ☐ Clear one shelf completely

Day 6 — Bedroom & under-bed

- ☐ Check what is under the bed
- ☐ Clear bedside surfaces
- ☐ Choose one storage fix to try

Day 7 — Paperwork & reset

- ☐ Sort papers: action / file / recycle
- ☐ Take donations out
- ☐ Write down what worked