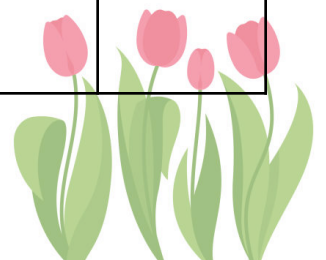


# Spring Cleaning Checklist

Area	Goals (choose 1-3)	Details	Completion Date	
			Target:	Actual:
(EX: Tupperware drawer and Living room)	<input type="checkbox"/> Clean <input checked="" type="checkbox"/> Declutter <input checked="" type="checkbox"/> Organize	-Throw away old tupperware -Organize books in living room	3/2/26	3/3/26
<b>Week 1:</b>	<input type="checkbox"/> Clean <input type="checkbox"/> Declutter <input type="checkbox"/> Organize			
<b>Week 2:</b>	<input type="checkbox"/> Clean <input type="checkbox"/> Declutter <input type="checkbox"/> Organize			
<b>Week 3:</b>	<input type="checkbox"/> Clean <input type="checkbox"/> Declutter <input type="checkbox"/> Organize			
<b>Week 4:</b>	<input type="checkbox"/> Clean <input type="checkbox"/> Declutter <input type="checkbox"/> Organize			
<b>Week 5:</b>	<input type="checkbox"/> Clean <input type="checkbox"/> Declutter <input type="checkbox"/> Organize			
<b>Week 6:</b>	<input type="checkbox"/> Clean <input type="checkbox"/> Declutter <input type="checkbox"/> Organize			
<b>Week 7:</b>	<input type="checkbox"/> Clean <input type="checkbox"/> Declutter <input type="checkbox"/> Organize			
<b>Week 8:</b>	<input type="checkbox"/> Clean <input type="checkbox"/> Declutter <input type="checkbox"/> Organize			
<b>Week 9:</b>	<input type="checkbox"/> Clean <input type="checkbox"/> Declutter <input type="checkbox"/> Organize			



## *Top Decluttering Strategies*

**Start Small & Consistent:** Begin with 15 minutes a day or a single, manageable area like a countertop, rather than a whole room.

**The "One In, One Out" Rule:** For every new item that enters the home, donate or discard an old one to maintain balance.

**Categorize Immediately:** Use "Keep," "Donate," and "Trash" piles to make quick decisions.

**"Set a Timer":** Use a 15-minute timer to make decluttering less overwhelming and more focused.

**"Create a Designated 'Outbox':"** Keep a box in your home for donations to make, and remove it immediately when full.

## *Quotes From Marie Kondo*

"The best way to choose what to keep and what to throw away is to take each item in one's hand and ask: 'Does this spark joy?'"

"Never discard anything without saying thank you and good-bye".

"The space in which we live should be for the person we are becoming now, not for the person we were in the past".

*"If you're not using the stuff in your home, get rid of it. You're not going to start using it more by shoving it in a closet somewhere." — Joshua Becker*

*"Your home is living space, not storage space." — Francine Jay*