



15-Minute Declutter Starter Checklist

A simple reset for busy families who do not know where to start.

You do not need a full day, a perfect plan, or matching bins to start. Set a timer, pick one small area, and make a little progress today.

Before You Start

- ☐ Trash bag
- ☐ Donation bag or box
- ☐ Laundry basket
- ☐ Timer
- ☐ Pen or marker

Pick One Spot

- ☐ Kitchen counter
 - ☐ Dining table
 - ☐ Entryway
 - ☐ Toy area
 - ☐ Laundry area
- My starting spot today _____

The 3 Quick Rounds

Work through these in order. Do not leave the area until the timer ends.

1 Trash Sweep

- ☐ Wrappers
- ☐ Old receipts
- ☐ Broken items
- ☐ Junk mail

2 Elsewhere Basket

- ☐ Toys
- ☐ Clothes
- ☐ Dishes
- ☐ Random items

3 Donate 5 Things

- ☐ Clothing
- ☐ Toys
- ☐ Books
- ☐ Duplicates

Reminder: Progress counts, even when it is small. One little reset is still a win.



Quick Decisions + Tiny Wins

Use this page to finish strong and choose your next small step.

Ask These Quick Declutter Questions

- | | |
|--|--|
| ☐ Do I use this? | ☐ Is this helping my home or adding stress? |
| ☐ Do I need this? | ☐ Do I have more than one? |
| ☐ Would I buy this again today? | ☐ Does this have a real home? |

If it does not have a home, decide:

- | | |
|---|---|
| ☐ Keep and create a home | ☐ Throw away |
| ☐ Donate | ☐ Move to correct room |

15-Minute Win Tracker

Today I cleared _____

Number of items thrown away _____

Number of items donated _____

One thing that feels better now _____



Choose Tomorrow's Tiny Step

- | | |
|--|---|
| ☐ Clear one drawer | ☐ Clean out one bag or purse |
| ☐ Sort one basket | ☐ Sort one paper pile |
| ☐ Remove 5 more items | ☐ Tidy one bathroom counter |