FolarraStudio

Decluttering Planner

sort · release · breathe

UNDATED · PRINTABLE · ROOM BY ROOM & 30-DAY CHALLENGE

This Planner Belongs To

less stuff, more calm

NAME _____

HOME _____

STARTED ON _____

HARDEST ROOM _____

MY WHY _____

How to use this planner

- Print the whole planner once, then print extra copies of the pages you use most, such as the Room Plan and Donate pages.
- Print at 100% / Actual size on A4 or US Letter paper. The printable pages have a white background to save ink.
- Hole-punch the pages and keep them in a binder, so you can add pages any time.
- Every page is undated, so you can start in any month of any year.
- Start with the 30-Day Challenge or pick a room and use its Room Plan page.
- Digital planner: open the hyperlinked PDF in any PDF annotation app and tap the tabs to jump between sections.

My declutter word for this year

How I want my home to feel

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tap a title in the digital planner to jump to it

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My Declutter Goals

why less is more

How I want my home to feel

Rooms to tackle first

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

Habits to keep

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

Reward when done

Room by Room

tick each room as you finish

ROOM	START DATE	DONE DATE	BAGS OUT	DONE
Kitchen				☐
Living room				☐
Bedroom				☐
Wardrobe				☐
Bathroom				☐
Kids rooms				☐
Office				☐
Garage				☐
Laundry				☐
Entryway				☐
Loft / attic				☐
Car				☐
				☐
				☐
				☐
				☐
				☐
				☐
				☐
				☐
				☐
				☐
				☐

Room Plan

one room per page

ROOM _____ DATE _____

TIME NEEDED _____ HELPER _____

Keep

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

Donate

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

Sell

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

Bin / recycle

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

30-Day Declutter Challenge

one small area a day

1 Junk drawer	2 Spice rack	3 Fridge	4 Under the sink	5 Mugs
6 Food containers	7 Bathroom cabinet	8 Makeup	9 Towels	10 Bedding
11 Socks	12 Shoes	13 Coats	14 Handbags	15 Books
16 Magazines	17 Paperwork	18 Cables	19 Phone photos	20 Email inbox
21 Toys	22 Crafts	23 DVDs & games	24 Decor	25 Kitchen gadgets
26 Cleaning products	27 Garden tools	28 Car	29 Medicine	30 One more drawer

Keep or Let Go?

ask these questions

Have I used it this year?

Do I love it?

Would I buy it again?

Do I have another one?

Donate Log

what left the house

DATE	ITEMS	BAGS	TAKEN TO	DONE
				☐
				☐
				☐
				☐
				☐
				☐
				☐
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				☐
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				☐
				☐

Items to Sell

turn clutter into cash

ITEM	WHERE	PRICE	LISTED	SOLD	EARNED
			☐	☐	
			☐	☐	
			☐	☐	
			☐	☐	
			☐	☐	
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			☐	☐	
			☐	☐	

Keep It Tidy

simple habits so clutter does not return

Daily

- [ ] 10-minute reset
- [ ] Clear surfaces
- [ ] Put things back
- [ ] Sort the post

Monthly

- [ ] One-in, one-out check
- [ ] Donate bag
- [ ] Clear digital clutter

Weekly

- [ ] Empty bags
- [ ] Clear the fridge
- [ ] Tidy one drawer
- [ ] Return borrowed things

Progress Tracker

see how far you have come

WEEK	AREAS CLEARED	BAGS OUT	HOW IT FEELS
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			

Notes



FolarraStudio

Thank you!

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