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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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

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

Sell

- [ ] _____
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Bin / recycle

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

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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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
- ☐ ____
- ☐ ____
- ☐ ____
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- ☐ ____
- ☐ ____
- ☐ ____

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



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