



30 Days to Clutter- Free Living

BY ELSA ELBERT
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Hello friend, I'm Elsa.



CHEERS TO YOUR NEXT ORGANIZING ADVENTURE!

I'm thrilled that you're ready to take the plunge and start this 30 day challenge!

The goal isn't to spend thousands of hours going through every item you own, or to induce any anxiety or stress. Each day you will tackle one simple project, never spending more than 30 minutes a day - sometimes even less!

By the end of the 30 days, your home will feel lighter and more organized, and you'll feel the joy and mental clarity that comes from living in a more organized space.

Be sure to start each day by removing all relevant items from the space you're working on! Taking everything out allows you to see everything you own in each category and makes it easy to do a quick wipe-down of the space.

I can't wait to see your progress - tag us in your photos on Instagram ([@composed_living](https://www.instagram.com/composed_living)) and Facebook ([@composedliving](https://www.facebook.com/composedliving))!

xx,
Elsa

DAY 1: GETTING STARTED

Set your intentions for the next 30 days:

Grab your favorite notebook, a good pen, and write down what you'd like to see happen in the next 30 days: *Is there a specific feeling you want to experience, or a room you can't wait to transform?*

Be specific with your goals:

- "I want to be able to park a car in the garage."
- "I want to feel excited about getting dressed in the morning."

This is your mantra for the month.

Envision *exactly* how you want your home to look, feel, smell:

- How do you want to feel when you walk in the front door?
- What would a guest to your home say to you that would elicit a "That's exactly what I was going for" response from you?

DAY 2: SHARE YOUR GOALS WITH OTHERS

Sharing your goals with others increases the likelihood that you'll achieve them. Tell your friends and fam what you're working on, and share your progress!

Take before and after photos of each space, and post them on IG. Be sure to tag us so we can encourage your progress, and offer you any additional tips and resources!



DAY 3: CREATE A DEDICATED SPACE FOR DONATIONS

Gather a few boxes or bags and pick a spot in your home where donations will live. At the end of 30 days, you'll be so excited to see how many items you were able to part with.

(See resources at the end for ideas on where to donate.)

DAY 4: STREAMLINE BEAUTY PRODUCTS

Go through all makeup, skincare, and hair products - only keep what you use. (Now is a great time to wash your makeup brushes, ladies! Regular shampoo works well for this.) Consider gifting to friends any products you tried but don't love. We love products that multi-task and streamline our morning routine (think tinted moisturizer, or one eyeshadow palette instead of lots of individual tins).





PRO TIP:

While you're starting out on your organization journey set small, achievable tasks.

Breaking up the organizing into smaller chunks feels so much less overwhelming.

PRO TIP:

Employ a timer! We love using a 10 minute timer to reset our space once it is already organized, but also find a timer to be helpful in tackling smaller spaces.

Set your timer for 15 minutes and tackle a smaller zone. You'll feel so accomplished once done!

PRO TIP:

Don't take the mini toiletries from hotels, or accept cosmetic samples from department stores...unless you truly use them!



DAY 5: CLEAN OUT THE MEDICINE CABINET

Eliminate expired or no longer used medications, and take note of any essentials that are missing. If you have the space, containing and labelling items by type is helpful (example: Pain relief, Allergies, etc.).

Tip: if you have a large back stock on a particular medication that is frequently used, consider adding some of it to your emergency prep kit!

DAY 6: DECLUTTER YOUR LINEN CABINETS

A good rule of thumb is to keep two sets of sheets for each bed in your home, and two towels for each person. This allows for clean sheets even on laundry day, or when you need extras for guests!

DAY 7: TACKLE YOUR TUPPERWARE

Make sure everything has a lid, and is in good condition. I prefer storing them with the lids on, so I never have to go searching for a match; if you don't have space, nest the containers and stand lids on their side.

Check water bottles and to-go coffee mugs, mason jars, and bento boxes, too!

DAY 8: LITTLES! GO THROUGH KIDS TOYS, BOOKS, AND CLOTHES

(If you don't have little ones, take the day off, or skip ahead to #9)

Remove clothing that is stained or beyond repair; donate items they've outgrown. Depending on the age of your little one, elicit their help in eliminating toys they no longer love. Kids love the idea of creating space for new toys!

DAY 9: STREAMLINE YOUR PJS AND WORKOUT GEAR

Keep only what fits and what you use! For pajamas, we love keeping 3-4 matching sets. Any holiday specific pjs we store with holiday items. For workout gear, check for any holes or any lingering smells - sometimes athletic fabrics retain a funk and need to be tossed!



DAY 10: JACKETS + HOODIES, SCARVES + MITTENS

Make sure everything fits, repair anything that needs fixing -- make sure all those gloves and mittens make a pair! This is a great time to evaluate your actual winter needs. If you live in LA, do you really use all those heavy coats?

DAY 11: SIMPLIFY YOUR SHOE COLLECTION

Holding on to uncomfortable shoes you'll never wear? Today is the day to let them go! Nice quality shoes in good condition can be sold via The Real Real, or you can list them on apps like Poshmark. *See Resources at end of this deck.*)

DAY 12: UNJUMBLE YOUR JEWELRY

Gather all your jewelry, sorting by category. Take the time to polish or clean items that need some extra love. Set aside items for repair.

We love jewelry storage that allows you to hang necklaces separately, keeping them from tangling, and allowing you to see everything you have. Get creative! You can use nails, cute little hooks, anything will work! If you have a drawer, consider using stackable jewelry organizers - the individual compartments are great!

DAY 13: DIGITAL DETOX! DELETE UNUSED APPS

Don't waste valuable phone storage space! Get rid of all those apps you downloaded and forgot about. Or, if you're like me, all the games your kids downloaded when they stole your phone (major eye roll). Bonus points for deleting old contacts, emails, or texts! We like to think of it as making room for new friendships and conversations.





DAY 14: BOX UP YOUR OLD BOOKS

Eliminate books you've never read and don't intend to; old college textbooks; piles of magazines from 2004. Donate them to your local library!

Gift your favorites to friends who you know will love them. You can even surprise them by sending it in the mail with a sweet note - people love getting presents!

DAY 15: WHAT'S IN YOUR WALLET?

Empty out your purse and/or wallet.

Do you need to keep all of your membership cards and credit cards with you at all times, or can you store them elsewhere and only carry the ones you use frequently? Do you use all of the keys on your keychain?

DAY 16: CLEAN OUT YOUR CAR

Go through your glove box, trunk, and center console.

Consider creating a small tote of items to keep in the car at all times, such as sunscreen, extra sunglasses, a picnic blanket (we always need this to stay warm during kids' evening baseball games, or to sit on when I forget to pack the chairs).

Bonus points for adding in a car emergency kit. For tips check out our [Emergency Prep Checklist](#).



YOU'RE
HALF-WAY
DONE
AND
CRUSHING IT!

Still have that mantra in mind?
Be patient with yourself and stay focused.



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DAY 17 : KITCHEN PART 1

CUPS, BOWLS, PLATES, UTENSILS

Remove anything chipped or cracked; donate any mismatched pieces. Bamboo drawer inserts are essential for keeping small separate and organized. Take note of anything that may need to be replaced!



DAY 18 : KITCHEN PART 2

COOKWARE + BAKEWARE

Create zones to make finding everything easier: everyday cooking like pots and pans, bakeware, and specialty

DAY 19 : KITCHEN PART 3

APPLIANCES + MISC. ITEMS

Store rarely used appliances in the difficult to reach cabinets, and donate any impulse buys that never get used (we're looking at you, spiralizer).



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DAY 20: TACKLE THE PANTRY

Toss expired food and donate unwanted items to your local food bank.

Decant packaged foods into glass airtight containers - this keeps food fresher longer and eliminates the visual clutter.

Label pantry shelves or drawers so everyone knows where to put things back (Baking, Snacks, Breakfast, Canned Goods, etc.).

DAY 21: BLURRY OLD PHOTOS? TOSS 'EM!

Go through your printed photos and toss any blurry or unflattering images.

We love using the Iris Photo Storage boxes to store photos by year (each individual sleeve holds up to 100 pics!)

DAY 22: PHOTOS ON YOUR PHONE

Spend thirty minutes organizing the photos on your phone:

- Create folders to make finding things easier.
- Favorite your faves.
- Delete duplicates and pics that are just plain bad.
- There are apps that find duplicates and delete them for you - check the app store!

DAY 23: CLEAR THE CLOSET!

Now for the really fun part! There are so many ways to rid your closet of unwanted clothing - consign, sell via an app, donate, host a clothing swap with your friends.

Whatever you do just don't spend another minute of your life staring at clothes you don't love. Don't overthink it - just look at each piece hanging in your closet, and if in the first moment it makes you feel bad, say buh-bye.



DAY 24: GO THROUGH YOUR GAMES

Toss puzzles missing pieces and donate any games you'll never play.

DAY 25 GIVE THAT HOUSEHOLD DRAWER SOME LOVE

Small tupperware works really well for containing like items and keeping them tidy (think phone charging cords, batteries, pocket change).

DAY 26: CLEAR THE CLOSET! (ROUND 2)

Yes, again!

We know that there are still a whole bunch of maybes hanging up in there.

Give it one more pass - you'll feel SO much better when you have it paired down to items you truly love and will wear.



DAY 27 : TIDY UP CRAFT SUPPLIES + GIFT WRAP

Containment is key! Clear storage bins clearly labeled will save you so much time in the long run, and they're stackable so you'll save space!

Consider using only one neutral color of wrapping paper (we love kraft paper) so you don't need to store paper for all occasions!

DAY 28: BEAUTIFY YOUR BEDSIDE TABLES

Your bedside table is one of the first and last things you see every day. Keeping it clutter free encourages a sense of calm.

Remove anything that doesn't belong here, contain small items in a pretty dish, and consider adding a lovely candle or fresh flowers!

DAY 29: CLEAN OUT YOUR CLEANING PRODUCTS!



Gather up all the products from every part of the house. Condense any identical products. Toss anything you don't use. If you notice you're out of any products, consider visiting a local refill station instead of buying a whole new bottle.

Storing everything in one place makes it easy to see what you have - no more buying duplicates because you didn't know you had Windex in the bathroom! (Exception: I keep dishwashing related items under the kitchen sink, because that just makes sense.)

DAY 30: TACKLE THE ICEBOX!

Toss anything old or freezer-burnt, and give the shelves a quick wipe down.

Bonus points: add some beauty to the fridge! For how many times a day we open those doors, there should be some sort of a reward (other than chocolate)!

I keep an amethyst crystal in our fridge because 1) it's sooooo pretty, and 2) someone told me that amethyst encourages healthy eating choices. Ceramic berry baskets and egg crates are also a nice touch.





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PRO TIP:

Most animal shelters will accept old bedding and towels, even in poor condition, to help with cleanup or making cozy beds for the animals.

What could be sweeter than a pup in need getting a cozy new bed?

PRO TIP:

As the categories turn towards sentiment and nostalgia stay focused on your mantra.

And remember; if you're sentimental items bring up bad memories they have no place in your home.

PRO TIP:

During birthday and holiday seasons, set aside a few of your kids' gifts to be brought out at a later date (or regifted!).

Kids get overwhelmed by too many options, and they'll be so thrilled to have a new toy a few months after the initial excitement wears off.

CONGRATS!

You did it! I am so proud of you.

Making the decision to deal with your clutter takes a lot of courage and energy, and doing the work of getting organized can be emotionally and physically exhausting.

I hope you feel a sense of accomplishment, and begin to enjoy the many benefits of living in an organized space.



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GO-TO RESOURCES

Amazon - I use Amazon for almost everything. Their prices are competitive, you can't beat fast+free shipping, and when you don't know exactly what you need you can just search by keywords!

A Sense of Home: Put your donations to good use! ASOH creates first-ever homes for youth who age out of foster care with donated furniture and household items. Depending on your items, they may even come pick them up for you.

Chairish - a great option for selling valuable pieces of furniture or art.

Container Store - Professional organization at its finest. More expensive than some other options, but they often have great sales. You can find a solution for almost any organizing issue here.

Madewell: Bring any pair of old jeans, in any condition, into one of their stores and they'll give you a \$20 credit toward a new pair of jeans. Bonus: they turn your old jeans into housing insulation through Habitat for Humanity!

Nextdoor: Local marketplace for buying + selling virtually anything. You can also ask your neighbors for recommendations on contractors, etc.

OfferUp - an easy-to-use app for selling virtually anything in your local area. It is similar to craigslist, but so much easier to use.

Petco - donate your old blankets and towels, in any condition. They donate to animal shelters.

Poshmark - download the app, and you can begin selling your clothing immediately! This app is easy to use, but can be time consuming. Pro: buyers pay for shipping; Con: you have to keep the items in your home until they sell.

The Real Real - online consignment store for high end fashion and home goods. Must be in excellent condition. Check their site for complete list of accepted brands. They will give you a free shipping label, and do all the work for you!

ThredUp - request a cleanout kit online, download the shipping label, and off your used clothes go! They will even send you a large bag if you don't have a box to use. Pro: they responsibly recycle any clothing that they cannot sell. Con: They pay pennies for most items...but those pennies add up!

1-800-Got Junk - Great for getting rid of large quantities of trash. A bit on the pricey side, but they'll usually come over same day and they haul and responsibly dispose of all your items - hassle-free!

Thank you for downloading this guide!

Composed Living offers organizing services from "declutter to design" while implementing sustainable organization systems along the way for a truly composed way of living.

Decluttering is a big job.

How can we help?

Consider us to help streamline the process of your organizing projects.

[BOOK WITH ELSA](#)



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