

Welcome to Day 1 of the Tidy Home Challenge.

The #1 reason clutter bothers you is because you can physically see it, interact with it, and think of it even you aren't around it.

Today, you are going to tackle the **horizontal surfaces within your home** because this is the quickest way to feel a sense of accomplishment. Trust me, when your horizontal surfaces are clear of clutter, your home and mind feel more clear and more spacious!

Here is a quick list of all the horizontal spaces you may/probably have within your home that will be included within today's declutter:

- Kitchen Countertops
- Bathroom Countertops
- Night Stands
- Tables
- Coffee Table
- Sofa Table
- Any other horizontal surfaces you may have

Quick Tips for Clearing Your Horizontal Surfaces:

1. Start by grouping like things together. Paper clutter in one pile, dishcloths and other linens in another, random things that did not get put up in another. Keep going until you have it all in piles.
2. Put away things that didn't make it to their rightful home. For example, an appliance sitting on the counter instead of being put up after being used, or a toothbrush left on the counter versus being put back in the drawer.
3. If you have dishcloths or bathroom rags that are dirty, put them in the dirty laundry.
4. Paper clutter is a result of neglected decisions. If you have time to go through it today, do it now. I find that dealing with papers as they come into the home, the easier it is to keep myself organized.

5. Once you finish, wipe down all of your horizontal surfaces now that they are decluttered.

One more thing to consider...

Now that you have decluttered your horizontal surfaces of all things that do not normally belong on them, consider what is left on them.

Believe it or not, the more open and clear your horizontal surfaces are the bigger your home will feel. This is why Real Estate agents stage a home and remove all they can from all the surfaces.

Play around with how little you leave on your surfaces. Here is a list of things I personally feel are okay if left on your horizontal surfaces:

- An appliance you use daily that is uneasy to put away each day. For example, a microwave or coffee pot maker.
- Soap dispenser by the sink.
- One or two pieces of decor like a small plant or cute sign.
- Cloth napkins, if in the kitchen and you do not have a dedicated drawer for them.
- Essential oil diffuser/candle.
- Lamp.

Outside of these things, you do not really need it on your horizontal surfaces. The decor and essential oil diffuser/candle are honestly “iffy” items, but they can serve the purpose of making this space feel more like home.

When it comes to the kitchen, I only keep my coffee pot, microwave, serving wear [*because I don't have drawers*], cloth napkins, and soap. If I had drawers, I would only have the two appliances and soap on my countertops.

We don't have much space in the bathroom, so I keep my air plant and soap on the countertop. If I had somewhere else to put the air plant, I would only keep the soap on the countertop.

[Notice a pattern to what is on my countertops? It is a lack of space elsewhere, whether it be drawers or well-lit areas in our home.]

My nightstands only have a lamp and one other thing on them. For my side of the bed, it is our essential oil diffuser. On my husband's side, it is an alarm clock. Anything else that finds its way onto our nightstands is considered clutter. & Trust me! This makes a world of difference when getting ready for bed. Having a cleared off nightstand is very peaceful.

Here is your action plan for today:

1. Declutter your horizontal surfaces.
2. Consider the things you keep on your horizontal surfaces and see what else you can remove.
3. Wipe off all horizontal surfaces and enjoy them!

Welcome to Day 2 of the Tidy Home Challenge.

Are you enjoying your clear and clean horizontal surfaces all throughout your home? For me, it is like a breath of fresh air looking around at all the easy to clean surfaces that only house what they need to make me feel at home.

Today, you are going to take in this feeling and dive into an exercise that I've taught to hundreds of people just like you! I promise today's exercise is a *game-changer* for your home!

I like to call it a **30 Minute Decluttering Spree**, and it is a lot of fun! This is a simple exercise to will help you when you just want to quickly tidy your home and go to bed or have those unexpected guests.

30 Minute Decluttering Spree Guidelines:

1. Set a timer for 30 minutes and grab a laundry basket.
2. Go from room to room tidying each space and collecting items that do not belong in that space. So if you're in the kitchen and there is a pile of paperwork that needs to go into the home office, put it in the laundry basket.

Note - You aren't cleaning your home. You are simply tidying it.

3. When you go into a different space, check your laundry basket for things that belong in that room.
4. Put anything that does belong in that room where it belongs so that you aren't moving clutter from one spot to another.

EASY PEASY, RIGHT? This spree really changes the tidy home game when you are looking all around and seeing things out of place. With the timer, you have a sense of urgency that gets you moving and the laundry basket helps you move even quicker!

Here is your action plan for today:

1. Go through the 30 Minute Decluttering Spree.
2. Be sure to follow the guidelines as I have laid them out for you.

Welcome to Day 3 of the Tidy Home Challenge.

It is time to take things up a notch, but no worries! It is just a little notch.

With seeing how nice it is to have clear horizontal surfaces all throughout your home and accomplishing all you have within a 30 Minute Decluttering Spree, I want you to see your home in a new way.

Today's challenge is really going to shake things up, and I may seem crazy to you after this.

But you have to trust me!

Can you do that? I hope so because this is going to really open your eyes to what could be versus what is.

Today, I want you to remove all the home decor from your walls and shelves.

I know I sound totally crazy because this is going to require some effort. But just give it a try and experience what this day has to offer!

You're not going to regret it!

What you gain by resetting your home is a chance to reset your mind. You need to experience your space as if you're just moving into it for the first time. **Fresh. Clear. Open.**

After all, this is when a home feels the biggest - with bare walls.

No, it isn't going to feel homey, but if your home has felt cluttered and untidy for some time, it may be due to your decor.

Experiencing blank walls will show one of three things:

1. You miss the home decor piece where it was.
2. You love having open space.
3. You'll gain new inspiration for decorating your home

You may convert some spaces back to the same setup, but other spaces may change entirely from what they were before this challenge.

The last time I did a reset, I realized that I needed more light within my home, so one wall changed from a few dark pieces to two mirrors and added a strand of Christmas lights to add a brighter ambiance to this space. Now I really love it!

However, I wouldn't have experienced that feeling without first removing the decor from their normal spaces to see what it would feel like without them. I found out for that wall that I needed to add pieces that would brighten up the space. Other spaces in my home remained the same.

It truly is a "let's just try and see what happens" situation!

Here is your action plan for today:

1. Read this post I wrote about [how to simplify your home in 4 simple steps](#) for a more in-depth process.
2. Remove everything from your walls and shelves. Box them up and put them out of sight.
3. Live this way for at least 2 days before putting things back out on display.

Welcome to Day 4 of the Tidy Home Challenge.

How does your home feel without any decor on the walls and shelves? I bet it feels a little weird, but also good!

I need you to keep it this way for at least one more day because today we are moving on to creating a system for things coming into your home.

First, I want you to identify your drop zones.

Where do you take off your shoes, coat, incoming mail/kid's artwork/receipts, your purse or wallet, etc?

Once you have identified all of your drop zones, I want you to determine how to remove them. Yes, remove them!

Drop zones are the easiest way to prevent your home from being tidy. So in order to really tidy your home, you must shift the items dropped wherever to being put in their place. Yes, it takes a little effort to establish the habit, but after a while, you'll wonder how you ever lived any other way.

Another benefit to removing drop zones is that you no longer have to declutter them on a regular basis. You deal with your shoes, coat, and incoming things right away, and that is it!

The feeling of putting everything in their home helps you feel at home. Within the few seconds of putting things away, you're subconsciously telling yourself that you are home and it is time to shift mindsets from whatever you were doing before to home mode. The mental separation is wonderful, and there is no easier way to achieve switching from one to the other.

Second, I want you to implement new systems for where things are put.

As I mentioned above, you will have to implement a new system for entering your home. Where will the bills and important mail be placed? Will you deal with those right away, or do you have a designated day of the week for bills?

What about your shoes and coats? Is a coat closet really efficient or do you need a better organizing system? I've seen great coat closets inside the front door that work well, but I've also seen others that just allow shoes to accumulate on the floor without any organization.

Whatever system you choose, it needs to be efficient and organized. You are not moving clutter from one space to another. You are working to implement better systems for a tidy home.

Lastly, I want you to involve the entire family.

Without getting your family on board with these changes, you will be spinning your wheels working to implement a new system. They should be just as excited as you are about the changes because they will know exactly where their things are, where things go, and not have to waste time hunting for things.

Make sure the system you implement is easy enough for everyone. If you have a little one, make sure they can do their part *[because it is so darn cute seeing a little one help!]*.

Here is your action plan for today:

1. Identify your drop zones.
2. Implement a new system that allows you to put things away as soon as you enter the home.
3. Get your family on board!

Can you believe there is only one day left? Hope you're ready for it!

Welcome to the LAST DAY of the Tidy Home Challenge.

I'm so proud of the hard work you've put into your home these past 4 days. How are you feeling? Are you excited about how tidy your home is becoming?

For the past 4 days, I have told you what to do to curate a tidy home, but today it is all on you! No worries, because I have guidelines to help you!

Today, I want you to tackle the space that consistently pops up in your mind that is cluttered, needs organizing, and you just haven't gotten to it yet.

I'm giving you permission to **GET IT DONE!**

Before you get completely overwhelmed, please note that I don't want you taking hours and hours to complete this. In fact, I want you to accomplish decluttering and organizing this space in as quickly as 30 minutes! The absolute longest amount of time this should take is an hour.

Anything bigger than that may give you the chance to spread this into 2 or 3 days, and you don't want that. You need to see success from decluttering the space that bothers you the most TODAY!

Here are the guidelines:

1. If the space you are decluttering is within a cabinet, closet, or hiding in something, I want you to pull it all out and clean the space before putting anything back into it.
2. If the space you are decluttering is in an open space and you can walk by to see it, then you need to declutter it to the point that it fits in an organizing system or it goes away completely. Examples that I am referring to are crafts, laundry, blankets, weights *[unless it is your exercise room]*, paperwork, etc.
3. Create three piles: Keep, Donate/Sell, Toss - Maybe piles allow for decisions to be put off to another time, and this space is not allowed that privilege.

4. Immediately deal with your Donate/Sell and Toss piles. You've already made the decision that these things are leaving, so act on that.

5. As you put things from your Keep pile in its home, ask yourself if it deserves the real estate space it needs within your home. This may help you part with a few more things or find gratitude and necessity for the things you are keeping. Either are a great outcome!

Here is your action plan for today:

1. Determine which space is bothering you the most and that you want to declutter!
2. Give yourself a 30-minute timer so that you power through this declutter.
3. Divide things into three piles - Keep, Donate/Sell, Toss
4. Act accordingly and CELEBRATE your tidy space!

CONGRATULATIONS! You are officially **DONE** with cultivating a tidy home! I am so **PROUD** of you for getting through this challenge!