



5-DAY DECLUTTERING CHALLENGE FOR TEENS

Put this page somewhere you see daily, and cross off the square when complete!

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
<i>Desk & Study Space</i>	<i>Closet Clean-Up</i>	<i>Digital Decluttering</i>	<i>Bedroom Blitz</i>	<i>Hobby or Fun Zone</i>

Day 1: Desk and Study Space

- Main Task: Clear off your desk. Remove trash, old papers, and anything that doesn't belong.
- Mini Challenge: Organize supplies into categories (pens, notebooks, tech).
- Bonus: Decorate your workspace with a favorite photo, plant, or poster.

Day 2: Closet Clean-Up

- Main Task: Go through your clothes and shoes. Donate anything that doesn't fit or you don't wear anymore.
- Mini Challenge: Fold or hang up everything neatly.
- Bonus: Create a "favorite outfits" section for easy mornings.

Day 3: Digital Decluttering

- Main Task: Delete unused apps, organize photos, and clear your notifications.
- Mini Challenge: Unsubscribe from emails or newsletters you don't need.
- Bonus: Choose a new wallpaper or home screen theme.

Day 4: Bedroom Blitz

- Main Task: Declutter your bedside table, dresser, and shelves.
- Mini Challenge: Toss trash, donate items, and organize what's left.
- Bonus: Rearrange your space to make it feel fresh and new.

Day 5: Hobby or Fun Zone

- Main Task: Organize a space where you keep your hobbies (art supplies, gaming setup, sports gear, etc.).
- Mini Challenge: Check for broken or unused items and remove them.
- Bonus: Set up your hobby area so it's ready for your next project or activity.

Tips for Teens

- Playlist Power: Listen to your favorite music while you declutter.
- Reward Yourself: Treat yourself to a break, snack, or game after finishing.
- Work in Small Bursts: Spend 15–20 minutes on each task to avoid overwhelm.
- Personalize It: Add items to your space that make you happy, like lights or posters.