



COMPOSED LIVING®

Lifestyle Guide

30 Days to Clutter-Free Living

By Elsa Elbert

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& Chief Organizing Officer

Hi friend, I'm thrilled you're ready to start this 30-day challenge!

The goal isn't to spend weeks going through every item you own, nor is it to induce any anxiety or stress.

Each day you will be prompted to tackle one simple project, never spending more than 30 minutes a day - sometimes even less! After 30 days, your home will feel lighter, more organized, offering the joy and mental clarity that comes from living in a more organized space.

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 while making it easy to do a quick wipe-down of the space.

Share your progress by tagging us on Instagram ([@composed_living](#)) and Facebook ([@composedliving](#))!

xx,

Elsa

Let's get started!



DAYS 1-5



1. 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?

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!

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!)

4. Streamline your 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!)

5. Clean out your medicine cabinet

Eliminate expired medications, and take note of any essentials that are missing. If you have the space, containing and labelling items by type is helpful (Pain relief, Allergies, etc.)



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DAYS 6-10

PRO TIP:

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

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!

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.

8. Littles! Go through kids toys, books, and clothes

Toss 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 often love the idea of creating space for new toys!

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

9. Jackets + Hoodies, Scarves + Mittens

Make sure everything fits, repair anything that needs fixing.

10. 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).



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DAYS 11-15

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.

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)

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 [organizers](#) that allow 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!

13. Box up your old books

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

Gift 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!

14. 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?

15. Streamline your PJs and workout gear

Keep only what fits and what you use!



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DAYS 16-20



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).

17. Kitchen Part 1: Cups, Bowls, Plates, Utensils

Toss anything chipped or cracked; donate any mismatched pieces. [Bamboo drawer inserts](#) are essential for keeping small separate and organized.

18. Kitchen Part 2: Cookware + Bakeware

Keep like items together so you always know where everything is!

19. Kitchen Part 3: Appliances + Misc. items

Store rarely used appliances in the difficult to reach cabinets.

20. Purge 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.)



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DAYS 21-25

PRO TIP:

Most Petco locations will accept old bedding and towels, even in poor condition, for local animal shelters.

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

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!)

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.

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.

24. Go through your games

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

25. Give that junk drawer some love

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



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DAYS 26-30

PRO TIP:

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 always a nice touch.



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.

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!

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!

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.

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.)

30. Tackle the icebox! (Clean out the fridge + freezer)

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



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CONGRATS!



YOU DID IT!

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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Donation Centers for Commonly Unwanted Items

- + **A Sense of Home** — Donate gently used household items and furniture to help create first-ever homes for youth who "age out" of foster care.
- + **Baby2Baby** — Donate gently used children's clothing & toys, cribs, and any new/unused supplies. Check [their website](#) for locations.
- + **Buy Nothing Groups** — A hyper-local way to give back based on the sub-city you live in.
- + **Dress for Success** — Donate gently used business attire to provide a woman in your area with support, professional attire and development tools to thrive.
- + **Freecycle** — A grassroots and entirely nonprofit movement of people who are giving (and getting) stuff for free in their own towns and neighborhoods.
- + **Earth911** — For old paint cans, chemicals, or other hard to dispose of items around your home, enter your zip code and they'll provide you with a list of places!
- + **Homeboy Recycling** — Certified electronics-recycler to dispose of old appliances, computers, batteries and much more. Community drop-offs available.
- + **Habitat for Humanity** — Donate old appliances or even cabinetry; they will resell your items and the profits will go toward building and repairing homes.
- + **Lion's Club** — Donate your old eyeglasses to Lion's Club who will repurpose your frames for someone who is in need.
- + **Local Libraries** — Donate your old (loved!) books to your local library so that others can experience the magic of reading them.
- + **Madewell** — Donate old denim in any condition (from any brand) and you'll get a \$20 credit toward a new pair of jeans.
- + **Pick Up Please** — Online pickup scheduling for clothing and small household items; benefit Vietnam Veterans of America.



Inspired to take it to the next level?



ELSA ELBERT

Owner & Chief Organization Officer

How can Composed Living help you reach your organizing goals? Email or call us to schedule a consultation!

Don't live in Los Angeles? Virtual organizing services are available

Follow us online or visit our website:
www.composedliving.com



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FOR MORE INFORMATION OR TO SCHEDULE YOUR CONSULTATION:

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