

Declutter your Wardrobe



Declutter Your Wardrobe

Overview

This 30-day mission is designed to help you simplify your wardrobe, reduce clutter, and make getting ready every day easier. You'll tackle different areas of your wardrobe by focusing on types of clothing, making mindful decisions, and applying practical decluttering techniques.

By the end of 30 days, you'll have a decluttered, organized wardrobe that reflects your current lifestyle and reduces the daily stress of choosing what to wear.

Declutter Your Wardrobe

Week 1: Getting Started and Assessment

Day 1-2: *Identify Your Clothing Types*

Categorize your wardrobe into 8 types: accessories, casual wear, formal wear, undergarments, sportswear, workwear, sleepwear, and outerwear.

Day 3: *Inventory Your Wardrobe*

Count how many of each clothing type you own. Use a checklist to note how many items you currently have.

Day 4: *Reflect on Lifestyle Needs*

Think about your lifestyle. How often do you attend formal events? How much casual vs. workwear do you need?



Declutter Your Wardrobe

Day 5: *Assess Laundry Frequency*

Evaluate how often you do laundry and how many outfits you really need between washes.

Day 6-7: *Understand the 20/80 Rule*

Reflect on the idea that you wear 20% of your clothes 80% of the time. Note which items you wear frequently and those that remain untouched.

Week 2: Decluttering and Decision-Making

Day 8: *Declutter Accessories*

Start by reviewing accessories (shoes, belts, etc.). Ask yourself: Do I need it? Does it complement my wardrobe?

Declutter Your Wardrobe

Day 9-10: *Casual Wear Declutter*

Review your casual wear and decide what to keep. Focus on comfort, style, and frequency of use.

Day 11-12: *Formal Wear Declutter*

Evaluate formal wear. Do you really need multiple formal outfits? Keep only what you will realistically use.

Day 13: *Underwear and Socks Declutter*

Go through your undergarments and socks. Discard worn-out items and keep only what fits comfortably.

Day 14: *Track Progress*

Celebrate your progress by taking note of what you've accomplished. Reflect on how much space you've gained.



Declutter Your Wardrobe

Week 3: Fine-Tuning and Letting Go

Day 15: *Sportswear Declutter*

Go through your sportswear. Keep only what you actively use based on your fitness routine.

Day 16: *Workwear Declutter*

If your workwear needs have changed, reduce the amount of work-specific clothing you keep. Keep versatile, well-fitting pieces

Day 17: *Sleepwear Declutter*

Sort through sleepwear and keep only what is comfortable and practical.



Declutter Your Wardrobe

Day 18-19: *Outerwear Declutter*

Review your outerwear and seasonal clothes. Sort out heavy jackets and raincoats. Store out-of-season items separately.

Day 20: *Use the "Hanger Trick"*

Turn all your hangers backward. As you wear items, turn the hanger the right way. After 6 months, you'll know what to let go.

Week 4: Simplifying and Organizing

Day 21: *Checklist Review*

Review your checklist and compare it to the recommended amount for each clothing category. Aim to reduce excess items.



Declutter Your Wardrobe

Day 22-23: *Create Versatile Outfits*

Focus on keeping items that can be mixed and matched to create multiple outfits.

Day 24: *Focus on Fit and Condition*

Evaluate your clothes for fit, condition, and style. If it doesn't fit, isn't comfortable, or is damaged, let it go.

Day 25: *Clothes You Haven't Worn*

If you haven't worn something in a year, consider letting it go. Ask yourself if you'll realistically wear it again.

Day 26-27: *Emotional Attachments*

Let go of clothes tied to past identities or aspirations that no longer serve you.



Declutter Your Wardrobe

Day 28: *Set a Donation Date*

Fill a donation box with clothes you're letting go and schedule a drop-off at a local charity.

Final Days: Maintain and Celebrate

Day 29: *Final Declutter Session*

Do one last review of your wardrobe. Look for any items you missed or feel hesitant about.

Day 30: *Celebrate Your Success*

Reflect on the benefits you've gained from decluttering—more space, less stress, and easier decisions. Celebrate your simplified wardrobe!

