

Bedroom: Decluttering + organizing all the small spaces of your should be sanctuary.



WEEK 1: DECLUTTER THE BEDROOM — CLOSET, DRESSER & ACCESSORIES

Day 1: Pull everything out of your closet. Toss what doesn't fit, feels worn out, or never gets worn.

Day 2: Declutter shoes, bags, belts, and accessories — edit down to your essentials.

Day 3: Sort through your dresser. Remove anything you don't wear or that's taking up space.

Day 4: Declutter jewelry, scarves, hats, and seasonal accessories.

Day 5: Go through your lounge/relax zone: books, journals, water bottles, chargers — clear the clutter.

Day 6: Declutter nightstands. Remove old receipts, empty water glasses, random clutter.

Day 7: Assess bedding: too many pillowcases? Torn sheets? Edit it all down.

WEEK 2: FINISH BEDROOM DECLUTTER & PREP FOR ORGANIZING

Day 8: Clear any clothing or accessories on chairs, floors, or other surfaces — get it off sight and sorted.

Day 9: Remove or donate any furniture or decor that no longer suits your style or function.

Day 10: Clear out under-bed storage — purge and reorganize containers or bags.

Day 11: Sort through bedside drawer contents; toss old chargers, pens, or expired items.

Day 12: Declutter any personal care or bedroom-only items (hand creams, sleep masks, etc.).

Day 13: Sort through slippers, robes, or pajamas — keep only what you love and use.

Day 14: Do a quick tidy sweep, putting away loose items. Wipe surfaces and vacuum if needed.

WEEK 3: ORGANIZE THE BEDROOM — CLOSET, DRESSER & ACCESSORIES ZONES

Day 15: Take a moment to appreciate the cleared, calm bedroom space.

Day 16: Return clothing to your closet grouped by category. Use bins or labels for shoes and bags.

Day 17: Fold and organize your dresser by function or season. Use drawer organizers for small items.

Day 18: Create an accessories zone — hooks, trays, or boxes to keep things tidy.

Day 19: Organize books, journals, or hobbies in your rest space. Make it cozy, not cluttered.

Day 20: Set up your nightstand with only what supports sleep: lamp, lip balm, book, water.

Day 21: Refresh your bedding. Keep only 1–2 good sets and store the rest neatly.

WEEK 4: SUSTAIN & STYLE THE BEDROOM

Day 22: Organize any lounge or seating area — arrange pillows, throws, and small items neatly.

Day 23: Label bins or baskets to maintain the system easily.

Day 24: Add a calming element — diffuser, candle, or plants.

Day 25: Set up a simple laundry system for dirty clothes and bedding.

Day 26: Create a nighttime routine spot (book, glasses, water) to keep clutter contained.

Day 27: Plan a weekly 10-minute tidy time to maintain your reset.

Day 28: Review your closet and dresser — is everything easy to find? Adjust if needed.

Day 29: Clear any distractions or electronics from your sleep zone for better rest.

Day 30: Step back and enjoy your peaceful, organized bedroom sanctuary.

