

welcome!

How many times have you said "I'm going to clean out my closet today" and it doesn't happen?
How many times have you said "I have nothing to wear!" and it's really been true?

This is a unique 30-day challenge that will help you to see your clothes differently with daily outfit challenges, while also decluttering your wardrobe!

You're going to save money, gain energy, feel lighter, and love the clothes you still have at the end of the 30 days.

Here's how it works:

Wear the item described. Declutter anything you wear that you do not love, PLUS the number of items indicated.
Fill out your daily processing questions.

RULES: You must wear the chosen item all day (if you want to take it off, it needs to go anyways). You must declutter at least as many items as indicated (feel free to do more). You absolutely must let yourself have some fun!!

I'm so excited for you. This is going to be a productive month!

kate evans





30-day closet decluttering challenge

Day 1 PREPARATION	Day 2 FORGOTTEN JEWELRY	Day 3 3 MONTH TOP	Day 4 SPECIAL OCCASION	Day 5 3 MONTH BOTTOM	Day 6 SHOE SWAP	Day 7 BRAND NEW
Day 8 REST & REFRESH	Day 9 NEW COMBO JEWELRY	Day 10 12 MONTH TOP	Day 11 DRESS IT UP	Day 12 12 MONTH BOTTOM	Day 13 DUSTY SHOES	Day 14 HAND ME DOWN
Day 15 REST & REFRESH	Day 16 STATEMENT JEWELRY	Day 17 QUESTION TOP	Day 18 NIGHT TO DAY	Day 19 QUESTION BOTTOM	Day 20 CASUAL AND FANCY SHOES	Day 21 STILL HAS TAGS
Day 22 REST & REFRESH	Day 23 ON THE FENCE JEWELRY	Day 24 FAVORITE TOP	Day 25 GLAM IT UP	Day 26 FAVORITE BOTTOM	Day 27 FAVORITE SHOES	Day 28 NEVER WORN
Day 29 REST & REFRESH	Day 30 MAINTAIN	notes	notes	notes	notes	notes



The steps

- DAY 1** Preparation: Run your eyes over all of your clothes.
- DAY 2** Forgotten Jewelry: Something you forgot you had | +1 item.
- DAY 3** 3 Month Top: A top you haven't worn in 3 months | + 2 items
- DAY 4** Special Occasion: A special occasion item for daily wear | +3 items
- DAY 5** 3 Month Bottom: A bottom not worn in 3 months | +4 items
- DAY 6** Shoe Swap: Shoes with an outfit you've never considered | +1 item
- DAY 7** Brand New: Your most recent purchase | + 2 items
- DAY 8** Rest & Refresh: No rules. Listen to your gut. NO pressure!
- DAY 9** New Combo: Jewelry with an outfit you've never considered | + 3 items
- DAY 10** 12 Month Top: A top you haven't worn in a year | +4 items
- DAY 11** Dress it Up: Find a way to dress up your daily "uniform" | + 1 item
- DAY 12** 12 Month Bottom: A bottom not worn in a year | + 2 items
- DAY 13** Dusty Shoes: A pair so unused that they have dust! | + 3 items
- DAY 14** Hand Me Down: A hand me down | + 4 items
- DAY 15** Rest & Refresh: Be proud of what you have accomplished.
- DAY 16** Statement Jewelry: Any bold piece of jewelry | + 1 item
- DAY 17** Question Top: A top you just aren't sure of | +2 item
- DAY 18** Night to Day: Something you usually only wear out at night | +3 items
- DAY 19** Question Bottom: A bottom you can't decide on | +4 items
- DAY 20** Casual to Dressy Shoes: Casual shoes with dressy clothes | +1 item
- DAY 21** Still Has Tags: Wear an item that still has tags | + 2 items
- DAY 22** Rest & Refresh: Be kind to yourself. You're as human as the rest of us.
- DAY 23** On the Fence Jewelry: A piece aren't sure about | +3 items
- DAY 24** Favorite Top: The one that makes you smile! | + 3 items
- DAY 25** Glam it Up: Get glamorous today! + 4 items
- DAY 26** Favorite Bottom: Only wear what you love! | +1 item
- DAY 27** Favorite Shoes: You know the one! | + 2 items
- DAY 28** Never Worn: Something you've never worn | + 3 items
- DAY 29** Rest & Refresh: Rest on your laurels!
- DAY 30** Maintain: Create a plan to keep your wardrobe as you love it.



your progress

MAKE 30 COPIES OF THIS PAGE TO PROCESS YOUR EXPERIENCE AND PROGRESS EACH DAY.

What were today's wins and victories?

What was the hardest thing today?

What was the easiest thing today?

What surprised you?

How did it feel to declutter today's stuff?

What did you learn about yourself?

What are you noticing about your clothes?

How can you be kinder to yourself?

what next?

I would love to hear how your 30 day went! Email me at kate@soulfulspacecoaching.com.

Over the 30 days I asked you to declutter a minimum of 56 items including clothes, jewelry, and shoes. Maybe that got you to a fully decluttered wardrobe, maybe it was a good start.

I hope you've learned a few things about what you keep and why, and what you want to be keeping and why, so that finishing up any remainder will be a snap.

There are a lot of emotions to be found in a closet so don't worry if it got really tough at some point. That's where I come in!

As your life coach I can help you process the things that come up that you don't know what to do with. I can also give you concrete direction and advice in decluttering and organizing.

If you feel overwhelmed and need some help and guidance I'll be here to walk beside you and show you how strong you really are. Go ahead and sign up for your sessions now and we'll get your next steps planned.

We can do this together!

kate wong

