

The 12-12-12 Decluttering Challenge

Printable Room-by-Room Checklist

How it works

- 12 TOSS** things to throw away
- 12 DONATE** things to donate or sell
- 12 RETURN** things to put back where they belong

One room. 36 decisions. About an hour.

Tips for your best round

- Do one room per session — the room that bothers you most goes first.
- Set a timer for one hour. Start with the easy toss pile to build momentum.
- Get donations out of the house the same day — "later" is where they die.
- Take a before photo. Future you will thank present you.
- Can't find 12 in a category? Do 8. The number is a tool, not a law.

Print this out, grab three bags, and count to twelve.

Bedroom

TOSS 12 — Throw away

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Ideas: Worn-out socks & underwear, dead batteries, dried pens, expired meds, broken hangers, old magazines

DONATE 12 — Donate or sell

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Ideas: Clothes unworn for a year, duplicate bedding, books you won't reread, bags you never carry

RETURN 12 — Put back where it belongs

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Ideas: Mugs & dishes, tools, mail, stray chargers, jackets back to the closet

Kitchen

TOSS 12 — Throw away



Ideas: Expired spices & condiments, cracked containers, worn sponges, old takeout menus, dead manuals

DONATE 12 — Donate or sell



Ideas: Duplicate utensils, gadgets you never use, extra mugs, cookbooks you cook nothing from

RETURN 12 — Put back where it belongs



Ideas: Pantry items left on counters, cleaning supplies under the sink, mail pile to the desk

Bathroom

TOSS 12 — Throw away



Ideas: Expired sunscreen & medicines, dried-up nail polish, old toothbrushes, near-empty bottles

DONATE 12 — Donate or sell



Ideas: Unopened hotel toiletries, duplicate hair tools, products that didn't suit you

RETURN 12 — Put back where it belongs



Ideas: Cleaning products to their cabinet, towels to the linen shelf, meds to one spot

Living Room

TOSS 12 — Throw away



Ideas: Dead remote batteries, broken chargers, old newspapers, dried flowers, worn coasters

DONATE 12 — Donate or sell



Ideas: Throw pillows you swapped out, books, DVDs, decor that no longer fits

RETURN 12 — Put back where it belongs



Ideas: Blankets to their basket, toys to the kids' room, mugs to the kitchen, mail to the desk

Closet

TOSS 12 — Throw away

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Ideas: Single socks, stretched-out hangers, empty shoe boxes, damaged shoes

DONATE 12 — Donate or sell

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Ideas: The jacket with the price tag still on, clothes that don't fit, duplicate scarves & belts

RETURN 12 — Put back where it belongs

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Ideas: Out-of-season items to storage, shoes back in pairs, accessories to one drawer