

THE 5-DAY KITCHEN DECLUTTER CHALLENGE



Jo Capicchiano | The Organised You
www.theorganisedyou.com



WHAT ARE YOUR EXCUSES FOR NOT DECLUTTERING YOUR KITCHEN?

STEP 1.

Using the table below, tick any of the reasons and excuses that apply to you/ resonate with you, that could be holding you back from having a more organised and less cluttered kitchen.

STEP 2.

Add any other reasons/excuses to the bottom of this list.

✓	REASONS/EXCUSES
	You think decluttering your kitchen will take too much time
	Decluttering your whole kitchen feels too overwhelming
	You don't know where to start when it comes to organising your kitchen
	You're keeping certain items in case you might need or use [them] one day
	You're holding onto things, whether you need them or not, because they cost you money and it seems wasteful to just get rid of them
	You like to have duplicates of items (i.e. kitchen utensils) in case one is in the dishwasher or being used for another purpose
	You're keeping things out of guilt or duty i.e. presents from others that you don't actually really like/use/need
	You like to store/hold onto multiple sets of items for parties or celebrations i.e. glasses, crockery, platters, tablecloths
	You keep lots of items for entertaining, even if you rarely actually entertain
	You're holding onto once 'trendy' must-haves, even though you rarely/never use them



STEP 3.

Looking carefully at the table you have just filled out, decide which 2 reasons are the **biggest excuses/reasons** that are holding you back from having a more organised kitchen.

List these reasons below:

1. _____

2. _____

STEP 4.

Carefully consider **how you could overcome** these excuses or reasons. Whether it's taking a small decluttering action every day, committing to learning how to organise certain categories better, enlisting the help of a friend, buying some better storage products... What could you do?

List 3-5 ways to overcome your excuses below:

1. _____

2. _____

3. _____

4. _____

5. _____



WHAT COULD BE DECLUTTERED FROM YOUR KITCHEN?

Which categories do you need to declutter in your own kitchen? Tick as many as you need to, and add any extras to the bottom of the list if necessary.

✓	KITCHEN CATEGORY TO BE DECLUTTERED
	Cutlery
	Crockery
	Dishes - dinner plates, side plates, bowls of various sizes
	Drinkware - cups, glasses, mugs, wine and champagne glasses, drink bottles
	Kids' stuff - lunch boxes, snack containers, cups, drink bottles, special bowls & plates, bibs, placemats etc
	Pots and pans
	Extra cooking equipment/gadgets - wok, rice cooker, colander, measuring jugs etc
	Mixing bowls
	Bakeware - trays, pans, muffin tins, cake tins
	Platters and bowls (i.e. for entertainment purposes)
	Entertainment supplies i.e. napkins, plastic/paper cutlery & plates, tablecloths, decorations etc
	Baking equipment - mixing bowls, food processor, blender
	Cleaning products
	Recipe books
	Take-away menus
	Food wraps i.e. aluminium foil, glad wrap, baking paper, ziplock bags etc
	Shopping bags
	Food storage containers
	Spices/dried herbs
	Junk drawer
	Pantry



✓	KITCHEN CATEGORY TO BE DECLUTTERED
	Fridge
	Freezer

Looking at the table above, which 3 categories need to be decluttered **the most** in your kitchen, as they are causing you frustration, stress, wasted time, wasted energy....

List your Top 3 categories to be decluttered below:

1. _____
2. _____
3. _____

KITCHEN DECLUTTERING QUESTIONS

Ask yourself these questions when you are decluttering your kitchen belongings

- Do I use this item on a regular basis?
- Do I really *need* this?
- *Why* do I need this?
- What's the worst that could happen if I let this go?
- Will getting rid of this save me time, energy or mental clutter?

Keep

Recycle

Store
Somewhere
Else

Repair

Donate

Sell

Return

Trash



Join us inside [Home Balance](#) - our private Facebook community - and let us know which excuses have been holding you back from decluttering (but won't anymore!), and which categories are your Top 3 to be decluttered.

I want to leave you with this... I KNOW that getting your kitchen organised and decluttered might feel a little overwhelming, as there are so many different categories within the one space.

But if you take it one step at a time, one category at a time, the results can truly be life-changing!

I want to help you achieve a greater sense of calm, balance and order within your kitchen so you can save time and energy every day. I know you can do this!

Be sure to join our [Home Balance](#) group for extra group support and strategies.

**All my best!
~ Jo**