

HOW TO:

DECLUTTER YOUR HOME IN 7 DAYS: A COMPLETE STEP-BY-STEP GUIDE TO JUNK REMOVAL

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PROLOGUE

Is clutter taking over your home? Whether it's overflowing closets, a garage packed with forgotten items, or a kitchen full of unused gadgets, decluttering can feel overwhelming. But don't worry—you can transform your space in just 7 days with this step-by-step guide.

By tackling one area at a time, you'll make steady progress without feeling burned out. Ready to reclaim your home? Let's get started!

1.

SET YOUR GOALS AND GATHER SUPPLIES

Task: Create a decluttering plan for the week.

Action Steps:

- Walk through your home and list the areas that need attention.
- Gather essential supplies: boxes, trash bags, markers, and labels.
- Set up three categories: Keep, Donate/Sell, and Trash.

Tip: Start small to avoid burnout. Focus on one area per day.

2.

DECLUTTER YOUR KITCHEN

Task: Clear out cabinets, drawers, and pantry.

Action Steps:

- Donate or sell kitchen gadgets you don't use.
- Discard expired food items.
- Organize what remains by category for easy access.

Tip: Use clear containers to reduce clutter and improve visibility.

3.

TACKLE BEDROOMS

Task: Sort through clothes, shoes, and personal items.

Action Steps:

- Create a “Maybe” box for items you’re unsure about.
- Organize what remains by category for easy access.

Tip: Declutter one drawer or closet section at a time.

4.

CLEAR THE LIVING ROOM

Task: Remove unnecessary decor, books, and electronics.

Action Steps:

- Sort through magazines, DVDs, and books.
- Donate or recycle items you no longer need.
- Keep surfaces clear to maintain a tidy look.

Tip: Use baskets to organize remotes, chargers, and small items.

5.

DECLUTTER BATHROOMS

Task: Clean out cabinets, drawers, and medicine shelves.

Action Steps:

- Discard expired products and empty containers.
- Donate unopened toiletries you won't use.
- Organize essentials in small bins.

Tip: Label bins to make it easy to maintain organization.

6.

TIDY THE GARAGE, BASEMENT, OR ATTIC

Task: Address storage spaces where clutter accumulates.

Action Steps:

- Sort through tools, holiday decorations, and storage bins.
- Dispose of broken items and hazardous materials properly.
- Donate items in good condition that you don't need.

Tip: Use shelves or pegboards to maximize storage.

7.

FINAL TOUCHES AND JUNK REMOVAL

Task: Remove everything marked for trash and donation.

Action Steps:

- Schedule a junk removal service if needed.
- Donate usable items to local charities.
- Enjoy your newly decluttered space!

Tip: Create a maintenance plan to keep your home clutter-free.



ABOUT THE AUTHOR

At SeaFoam-Greens, we believe that everyone deserves a clean, safe, and clutter-free environment. Our mission is to help Wilmington residents—especially those facing financial hardship—by providing free junk removal and lawn care services that restore homes, yards, and community spaces.

We understand that clutter isn't just about stuff—it's about fresh starts, peace of mind, and reclaiming the spaces where life happens. Whether it's clearing out a neglected garage, removing hazardous debris, or giving a lawn the care it deserves, our team is dedicated to making a difference—one project at a time.

This eBook is our way of sharing that mission with you. Inside, you'll find practical tips, step-by-step guides, and expert advice on decluttering, organization, and responsible disposal. Whether you're looking to refresh your own space or help a neighbor in need, we hope this guide empowers you to take action.

Together, we can create a cleaner, greener, and more welcoming Wilmington. ❤️

Visit our website www.seafoamgreenswilmington.com