

1st December 2025

Find one item of clothing that doesn't fit, doesn't suit you, or you simply never wear.

Tip: Start with something easy – that jumper that's "not quite right" or the jeans you're keeping "just in case." Today's about building momentum, not perfection. Pop it straight into a donation bag.



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2nd December 2025

Find one cable you don't know what it's for, a charger for a device you no longer own, or old earphones that stopped working.

Tip: We ALL have a drawer full of these! That cable for a phone you had in 2015, chargers for devices long gone, or tangled earphones with one ear broken. Set Your Timer for 5 minutes. If you don't know what it's for or the device is long gone, it goes. Use Containers: consider a small box for the cables you're keeping.



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3rd December 2025

*Find wrapping paper or gift bags
you've been storing but know you'll
never use.*

Tip: That roll with the pattern you don't like, or the bag that's "not quite right" – charity shops need these NOW for Christmas shoppers. Set Your Timer for 5 minutes and gather what you genuinely won't use.

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4th December 2025

*Find something you were given that
you've never used and never will.*

Tip: Re-gifting isn't shameful – it's sensible! That candle, gadget, or ornament someone gave you deserves to bring joy to someone else rather than gathering dust in your cupboard. Decide Immediately: if you haven't used it in 6 months, you won't.

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5th December 2025

Declutter one book you'll never read again (or never got round to reading in the first place).

Tip: Fiction, non-fiction, cookbook, self-help – if it's been sitting unread or you know you won't revisit it, pass it on. Charity shops build Christmas stock now, and someone might find the perfect gift on your shelf. Use Containers: create a "books to donate" box.

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6th December 2025

Find one pair of shoes you never wear – uncomfortable, worn out, or just not your style anymore.

Tip: Shoes take up loads of space and we all have pairs we avoid wearing. Those shoes that hurt, trainers that rub, or boots you haven't worn in two years. If they're worn out, bin them. If they're in good condition, someone else will wear them. Remember: if you haven't worn them in a year, you won't.



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7th December 2025

*Declutter one piece of media
entertainment you'll never watch,
listen to, or play again.*

Streaming has changed everything. That DVD box set you haven't touched in five years? The CD you've not played since you got Spotify? Charity shops LOVE these for Christmas gifts.



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8th December 2025

*Check your bathroom cabinet and
remove one expired medication.*

Set Your Timer for 10 minutes and check dates on ALL your medicines while you're at it. This is about safety, not just decluttering. Never bin or flush medications.



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9th December 2025

Find one bottle of shampoo, shower gel, lotion, or toiletry that you've tried but don't like and will never finish.

Tip: That shower gel that smells odd, the shampoo that makes your hair dry, or the moisturiser that's too oily - if you've been avoiding using it for months, you're never going to finish it. Stop wasting space. Decide Immediately: if you don't like it, someone else might.



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10th December 2025

Declutter one toiletry sample, hotel miniature, or freebie you'll never use.

Tip: These multiply like rabbits! Be honest: you're not going to use that tiny shampoo. Keep a few favourites for travel, donate unopened items to homeless shelters, and bin the rest. Use Containers: gather them all in one place first, then select the keepers.



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11th December 2025

Find one worn, broken, or unused accessory.

Tip for her: Stretched hairbands, broken hair clips, or that single earring whose partner vanished years ago. Tip for him: Frayed belts, ties you never wear, or that watch that's been broken since 2019. The mate isn't coming back. Decide Immediately: if it's broken or unused, give yourself permission to let it go.



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12th December 2025

Find one threadbare towel, face cloth, or bath mat that's seen better days.

Tip: Towels don't last forever. Threadbare towels can become cleaning cloths – cut them up for brilliant kitchen or car-cleaning rags. Completely knackered ones? Many animal shelters accept them for bedding. Embrace Progress: you deserve towels that actually dry you properly!



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13th December 2025

Count your spares – find one duplicate you don't genuinely need.

Tip: Do you really need seven bottles of shower gel or five cans of air freshener? If you have more than you'll use in 6 months, you have too many. Keep a sensible amount, donate the excess. Set Your Timer for 15 minutes.

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14th December 2025

Find one product that doesn't work for your skin, hair, or body.

Tip: That expensive serum that made you break out? The shampoo that left your hair flat? The moisturiser that pills under makeup? Stop punishing yourself by keeping it "because it was expensive." Decide Immediately: if it doesn't work for you, it has to go. Pass unopened items to friends or family who might love them.



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15th December 2025

Check your pantry, spice rack, and baking supplies for one expired item.

Tip: Those "best before" dates creep up fast! Check your spices first (they lose potency after a year), then dried goods and baking supplies. Set Your Timer for 15 minutes. You're making space for all those Christmas treats and ingredients coming into your kitchen over the next week!



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16th December 2025

Find one kitchen tool you have multiples of – keep your favourite, let the others go.

Tip: Five wooden spoons? Three tin openers? Four spatulas? Use Containers: put them all together on the counter. Pick your absolute favourite and donate the rest. Decide Immediately – no "maybe" drawer! Someone setting up their first kitchen will be thrilled.



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17th December 2025

Find one chipped mug, cracked plate, or stained food container.

Tip: If you wouldn't serve a guest with it, why are you using it? Just find one item. You deserve to eat and drink from dishes that aren't damaged. Cracked items can't be properly cleaned and may harbour bacteria.



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18th December 2025

Find one piece of unwanted post, old mail, or paperwork you don't need.

Tip: Set Your Timer for 15 minutes and tackle that pile by the door or in the kitchen drawer. Shred anything with personal details, recycle the rest. You're clearing surfaces for Christmas entertaining! Embrace Progress: even clearing one small pile makes your home feel more welcoming.



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19th December 2025

Check dates on condiments, sauces, and freezer items – remove one expired item.

Tip: Make room for Christmas groceries! Check dates on condiments (they lurk for YEARS), mystery freezer items, and anything that's been "in there a while." This isn't just decluttering – it's food safety. Use Containers: if your freezer's chaotic, this is your excuse to start organising it.



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20th December 2025

Find one cookbook you never use or an appliance manual for something you no longer own.

Tip: Keep only cookbooks you've actually cooked from. That manual for the TV you replaced? Everything's online as PDFs now. Decide Immediately: if you haven't used it in a year, let it go.



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21st December 2025

Find one reusable bag with holes, broken handles, or stains.

Tip: If it's genuinely broken, let it go. Count your good bags – you probably need fewer than you think!



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22nd December 2025

Find one old magazine, catalogue, or leaflet you've been keeping but won't read.

Tip: Set Your Timer for 5 minutes. If you haven't looked at them yet, you won't. Embrace Progress: clear surfaces create calm.

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23rd December 2025

Find one dead pen, dried-up marker, or an old diary you don't need.

Tip: Quick 5-minute task! Test your pens – bin the dead ones. Old diary? Recycle and make way for your 2026 one.



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24th December 2025

Find one takeaway menu, old business card, expired loyalty card, or receipt you don't need.

You've decluttered 23 items – you're AMAZING! Today's quick because it's the 24th. You've made brilliant progress. Embrace it! 🎄

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25th December 2025

Christmas Day): You did it! 🎄

You've decluttered 24 items this December! You've cleared space and started Christmas with a calmer home. That's worth celebrating! Today isn't about decluttering – it's about enjoying the space you've created. You've proved something important: Small, consistent actions add up to real change.



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