

## 30 Days to a More Cleaner "You"

Make-up	Fridge & Holiday Candy	Make your yearly physical appointment	Junk Drawer	Your workspace	Life papers - passport, insure cards, birth certificates	Catch Up & 10 Minute Mental Break
emails	pants	clean out your purse & wallet - find all of your gift cards	purses / bags / wallets	Kitchen tools drawer	Mental "clean"	Catch Up & 10 Minute Mental Break
that stack of birthday cards	shirts	socks / underwear/ bras	car	your cell phone	that stack of paper / bills / school papers / mail	Catch Up & 10 Minute Mental Break
sheets / pillows / blankets	top of your dresser & nightstand	Bathroom drawers	Movies / Books / CDs / Games	hair products / stuff / style tools	bathroom products: shower-bath - cleaning	Catch Up & 10 Minute Mental Break
Shoes	coats / hat / mittens	CONGRATS - You did it!				

Go DONATE your unwanted goods!

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