

December 2024

MONTHLY WELLNESS CHALLENGE

DECLUTTER



DERBY
PUBLIC SCHOOLS



Your challenge this month is to spend at least 30 minutes a day decluttering. The best way to prevent decluttering from becoming overwhelming is to do it in stages and zones. Prioritize the areas that need it most with a decluttering checklist. Focus on one room or even one section within a room (e.g., kitchen cabinets), and complete that area thoroughly before moving on to the next space.

On the following pages, you will find:

- a decluttering checklist
- a blank monthly calendar that you can print off to keep track of your progress (if you are working towards completing the yearly Wellness Incentive Program, you may use this calendar as proof that you did the December 2024 Wellness Challenge)



At the end of the month, you will receive a Wellness email with a link to a Google Form. If you completed your monthly challenge of stretching, please fill out the form and you will be entered into a prize drawing.

It takes 18-21 days to form a habit. Our monthly challenges are intended to get us started in creating good, healthy habits to better our everyday living.

The Benefits of Decluttering Your Life

Owning fewer possessions comes with countless benefits, but sometimes it's tough to get started. That is—until the advantages of decluttering reveal themselves:

1. Less to Clean

Cleaning is already a chore, but having to work around items you don't need, use, or love makes it even more stressful. Fewer possessions mean easier and faster cleaning, with less frustration.

2. Less to Organize

With less clutter, finding things becomes effortless. Items no longer “disappear,” and your home becomes a functional, enjoyable space. Instead of navigating around things in the way, you'll have the freedom to move around and truly enjoy your surroundings.

3. Less Stress

A cluttered home can feel overwhelming, and the constant sight of unnecessary items can add to your mental load. Imagine looking around and feeling calm, relaxed, and proud of the space you've created.

4. Less Debt

Reducing the habit of buying unnecessary material possessions means less financial strain. Your wallet and bank accounts will thank you, and your home will remain free of costly, unneeded items.

Decluttering doesn't just create physical space—it fosters peace of mind, clarity, and a home you'll truly love.

30 MIN DECLUTTERING CHALLENGE

**Spend 30 minutes a day decluttering your house.
How many things can you declutter and cross off the list?**

- | | | |
|--|---|---------------------------------------|
| <input type="radio"/> Clothes in closet | <input type="radio"/> Kitchen cabinets | <input type="radio"/> Laundry Room |
| <input type="radio"/> Clothes in dresser | <input type="radio"/> Kitchen drawers | <input type="radio"/> Kids toys |
| <input type="radio"/> Clothes not yet put away | <input type="radio"/> Kitchen counters | <input type="radio"/> Seasonal decor |
| <input type="radio"/> Shoes | <input type="radio"/> Pantry | <input type="radio"/> Office supplies |
| <input type="radio"/> Hats | <input type="radio"/> Refrigerator/ Freezer | <input type="radio"/> Electronics |
| <input type="radio"/> Jackets/Coats | <input type="radio"/> Under the kitchen sink | <input type="radio"/> Games/ Puzzles |
| <input type="radio"/> Bedding | <input type="radio"/> Kitchen towels and rags | <input type="radio"/> Craft Supplies |
| <input type="radio"/> Nightstand | <input type="radio"/> Kitchen table | <input type="radio"/> Vehicle |
| <input type="radio"/> On top of dresser | <input type="radio"/> Cleaning supplies | <input type="radio"/> Phone (apps) |
| <input type="radio"/> Under the bed | <input type="radio"/> Stairs and/or Hallway | <input type="radio"/> Purse/ Wallet |
| <input type="radio"/> Toiletries | <input type="radio"/> Entry closet | <input type="radio"/> Computer files |
| <input type="radio"/> Under the bathroom sink | <input type="radio"/> Entryway | <input type="radio"/> Photos |
| <input type="radio"/> Medicine Cabinet | <input type="radio"/> Livingroom sidetables | <input type="radio"/> Email |
| <input type="radio"/> Towels | <input type="radio"/> Livingroom | <input type="radio"/> Junk drawer |
| <input type="radio"/> Spices | <input type="radio"/> Under living room furniture | <input type="radio"/> Pet supplies |

If you have items in good condition that you no longer need, consider donating them to local organizations. Please note that each organization may have specific guidelines on acceptable donations, so it's advisable to call ahead or check their websites for details.

The Walk In Closet of Derby
204 S Baltimore Ave
Derby, KS 67037

Mulvane Care and Share
1014 N 2nd Ave
Mulvane, KS 67110
(316) 440-6687

His Helping Hands
1441 E 37th St N
Wichita, KS 67219
(316) 838-8528

United Methodist Open Door
402 E 2nd St
Wichita, KS 67202
(316) 265-9371

Woodlawn United Methodist Thrift Shop
103 N Baltimore Ave
Derby, KS 67037
(316) 788-2781

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Month

Challenge

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

						
						
						
						
						