30 / 60 / 90 Day Swedish Death Cleaning Plan

LESS STUFF. A LIGHTER TOMORROW.

DAYS 1 - 30
Storage, garage, duplicates

- [ ] Sort storage bins (keep, donate, discard)
- [ ] Tackle the garage (tools, equipment, extras)
- [ ] Identify and remove duplicates
- [ ] Clear out seasonal items you no longer use
- [ ] Get rid of broken or unused items
- [ ] Donate items in good condition
- [ ] Recycle or properly dispose of the rest
- [ ] Create a keep zone for essential items only
- [ ] Take “before” and “after” photos
- [ ] Celebrate your progress!

DAYS 31 - 60
Closets, kitchen, offer items to family

- [ ] Go through all closets (clothes, shoes, bags)
- [ ] Let go of items you no longer wear or love
- [ ] Sort linens, towels, and bedding
- [ ] Declutter the kitchen (dishes, gadgets, pantry)
- [ ] Remove expired food and unused appliances
- [ ] Offer meaningful items to family and friends
- [ ] Pass on heirlooms now (don’t wait)
- [ ] Simplify bathroom and utility supplies
- [ ] Keep only what you truly use and enjoy
- [ ] Check off your progress and take a break!

DAYS 61 - 90
Papers, photos, book a living estate sale

- [ ] Organize important papers (keep, shred, scan)
- [ ] Set up a simple filing system
- [ ] Sort and curate photos (keep favorites)
- [ ] Digitize special photos if desired
- [ ] Write down key information for your heirs
- [ ] Decide what to do with remaining valuables
- [ ] Book a living estate sale (or online sale)
- [ ] Donate unsold items
- [ ] Finalize your space and simplify further
- [ ] Enjoy the peace of a lighter, more intentional home

CLEAR TODAY. KINDER TOMORROW.