

2013 in 2013 Declutter Challenge

March is the Month of Bedrooms

Welcome to Month #3. Once we're done here, you will be a quarter of the way through and hopefully much closer to decluttering 2013 items this year.

Month #3 is all about the bedrooms.

Bedrooms are supposed to be a haven, for resting, loving, relaxing and sleeping, yet so many of us have rooms crammed with technology, clothes, furniture, knick-knacks, books and random **stuff** that it is far from the restful place it should be.

Let's dive in.

NOTE: This month, while we are tackling the bedrooms, we won't be diving into the wardrobes. It's often a huge challenge for people, and deserves its own month.

The length of this month's challenge is dependent on how many bedrooms your home has, how many people live with you, whether you have children, room-mates, parents or frequent guests.

Regardless of whether your home is a 6-bedroom mansion or a studio apartment, you owe it to yourself and those you live with to create bedrooms that encourage good rest.

Move through each of these rooms one by one, working through each of the areas listed below. Some won't apply to you, others will be challenging.

Use the decluttering guidelines from Month #1 ([find them here](#)) to work through each area one-by-one.

You should aim to spend anywhere from 2-5 hours on each bedroom, depending on the size and current state of it. And while it is a big undertaking, this is one of the most important rooms to work through. Get it right and you could improve your sleep, your sex-life and your overall well-being.

Sounds pretty good, right?

Remember: keep count of the items you recycle, donate, sell or throw away and share your progress with us in the [2013 Declutter Challenge forums](#).

The March Checklist

Print this checklist off and work through it over the course of the month.

Master Bedroom

- Bedside tables - books, magazines
- Bed - excess pillows, linen
- Walls - excess/ugly pictures, prints
- Top of drawers - knick-knacks
- Under the bed
- Frames, lamps, excess furniture
- Tech - consider removing TV, laptop

Also read this post on [creating a Slow Bedroom](#)

Kids bedroom #1

- Bedside table
- Desk - books, papers, clutter
- Bed - stuffed toys, linen, pillows
- Under the bed - rubbish, toys
- Shelves - knick-knacks, frames
- Decor - wall hangings
- Technology - computer, TV, gaming

Kids bedroom #2

- Bedside table
- Desk - books, papers, clutter
- Bed - stuffed toys, linen, pillows
- Under the bed - rubbish, toys
- Shelves - knick-knacks, frames
- Decor - wall hangings
- Technology - computer, TV, gaming

Guest bedroom

- Bedside table
- Under the bed
- Storage/wardrobe - remove junk/clutter
- Decor - linen, pillows, wall hangings, etc

If you're looking for added inspiration, check out my [Slow Bedroom board on Pinterest](#).