

January 2026

# NEWSLETTER



## THE GENTLE JANUARY DECLUTTER CHALLENGE

Follow along on social media this month for tips, motivation, and chances to win fun **PRIZES!**

As holiday festivities wind down and our minds shift to the new year ahead, you might find yourself surrounded by a jumble of leftovers, laundry, and clutter. That's why we've designed this four-week challenge to empower you to take small, manageable steps each week this month.

Lasting change doesn't come from one marathon day of cleaning and decluttering your home. It comes from tiny decisions and simple systems that align with your life. So join us this month and challenge yourself! We'll be with you every step of the way, sharing tips, motivation on our social media channels, and prizes.

Each week, we'll give you three areas to focus on. Tackle one, or all three, the choice is yours. And as our subscribers, you get a sneak peek!

### Week One: Bathrooms & Toiletries

We're starting the month by easing into areas that generally hold less emotional weight.

- **Medicine Cabinet:** Check for expired or unused medications, vitamins, first-aid supplies

- **Bath & Body Care:** Look for lotions with less-than-desirable smells, decorative soaps no one actually uses, or perfumes you don't wear.
- **Hair Care Products:** Declutter products that don't work for you or styling tools you're holding onto simply because they were too expensive.

### Week Two: Living Spaces

This week is all about the places where you and your family relax and enjoy your downtime.

- **Decor:** Use this time to put away seasonal décor if you haven't already, or declutter items that no longer fit your style, being kept out of guilt, or are broken or damaged.
- **Electronics & Toys:** This is a large category, don't get overwhelmed. Ask yourself when each item was last used. This can include outgrown toys, upgraded gaming devices, DVDs and CDs, or puzzles and games that don't get attention.
- **Throws & Decorative Pillows:** Declutter damaged textiles and pieces that don't work in your current space.

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## Meet Our New Team Members!



We're so pleased to welcome Jade and Jess to the Real Organized team! They joined us as organizing assistants in October and have already been wonderful additions. Their attention to detail, creativity, and calm presence have made a meaningful impact in our client's homes, and we're excited for you to get to know them.

### Jess

Jess is passionate about creating spaces that feel harmonious, functional, and joyful. With a background in art and design, she brings a thoughtful balance of beauty, purpose, and efficiency to every project. Outside of work, she enjoys creative projects, time with friends and family, and being a cozy lap for her cats.

### Jade

Jade recently relocated to New Hampshire from the West Coast and brings a strong background in hospitality, administration, and client support. She has a deep appreciation for the mental and emotional benefits of an organized home and approaches each project with care and empathy. Jade is currently studying psychology and is passionate about helping people feel calmer and more supported in their spaces.

### Week Three: Kitchen

Kitchens tend to hide a lot of clutter. If you're feeling overwhelmed, set a 15-minute timer and tackle just one small area at a time.

- **Expired Food:** Check your pantry, cabinets, refrigerator, and freezer for items that are expired or no longer enjoyed.



- **Small Appliances & Tools:** This might mean donating the juicer collecting dust on top of your refrigerator or the cherry pitter that was used once.
- **Plates, Glasses & Utensils:** Look for items that are chipped, cracked, mismatched, or unused and taking up valuable space.

### Wondering where the closet declutter is?

Closets are usually one of the most challenging areas of the home! Stay tuned next month, when we'll share our top tips and tricks to help your closet truly work for you.

### Week Four: The Workhorses

We're rounding out the month by tackling areas that are often overlooked, but used every day.

- **Utility Drawer(s):** Often called the junk drawer, these exist in nearly every home and usually need attention. Part with dried-out pens, random cords, broken gadgets, and anything that doesn't belong.
- **Entryway:** Store items that aren't needed in the current season and declutter shoes, bags, and accessories that are not used.
- **Linen Closets:** Donate bedding that isn't used, towels that are old or rough, and anything that's ripped or stained.

Decluttering is rarely easy. It can bring up uncomfortable memories, feelings of guilt, and can be quite overstimulating or daunting. As you work through these areas this month, remember to be gentle with yourself. If an area feels too heavy, shift your focus to one that feels lighter. As you make progress, build confidence, and gain momentum, you may find it easier to return to the more difficult areas.

Reward yourself after each decluttering session with something you enjoy. And lastly, please remember to declutter responsibly by donating as much as possible and reducing what ends up in landfills whenever you can. 🌱

### Your January Permission Slip

- Start small
- Take breaks
- Change your mind
- Keep what you truly love
- Let go of guilt

### NEED HELP?

We're here to guide you through the decluttering process, listen to your needs, and create organizing systems that not only work for you now, but can flex as your life changes. Send us an email, text, or DM today to get on our schedule for 2026!

CONTACT US



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