

# ground rules #GetButtonedUp Challenge

1

In the calendar, we recommend purchasing (or making) a few items. It is a good idea to order or make them prior to the day of the challenge. Here is the complete list. If you already have an item, there's no need to buy a duplicate. If you don't, the links we're providing are just guides—you don't have to buy the specific item we are recommending—just something in the same vein.

Mail organizer with four slots:

- Make your own (I recommend making 2 of these w/pockets for "pay me" & "file me" on one & the other as personal drop spots for the heads of household): [bit.ly/dMFk2l](http://bit.ly/dMFk2l)
- Buy: [bit.ly/uxUFib](http://bit.ly/uxUFib)

Colorful recycle bin:  
[bit.ly/sfdCRd](http://bit.ly/sfdCRd)

Ornament box:  
[bit.ly/tbQ82i](http://bit.ly/tbQ82i)

Tension rods:

- We will be using these to organize baking sheets if your cabinets are deep/tall enough. Buy rods to fit the space you have, and position pairs of them at intervals. (This is a nice to have, not a need to have)

Wallies chalkboard sticker sheets:  
[amzn.to/v75bYE](http://amzn.to/v75bYE)

2

Participating in the #GetButtonedUp Challenge is as easy as 1-2-3.

3

Sending a picture of your completed task to Sarah—via email [sarah@getbuttonedup.com](mailto:sarah@getbuttonedup.com) OR via TwitPic to @SarahButtonedUp & using the #getbuttonedup hashtag.

2

Letting us know you completed your daily task by commenting on the Facebook GetButtonedUp Challenge Check-In post

1

Let us know you're in by commenting on the post and telling us your Facebook name

3

Weekly prizes will be awarded to a participant who has completed all of the previous week's tasks successfully and let us know by checking in on Facebook and with pictures.

Week 1 Prize:  
Signed copy of  
Pretty Neat

Week 2 Prize:  
Weekly.agenda +  
Greetings.stash

Week 3 Prize:  
\$20 Target  
Gift Card

Week 4 Prize:  
\$20 Walmart  
Gift Card

Grand Prize:  
Hoover Max  
Extract 60  
Pressure Pro

2 Runner Up  
Prizes:  
Hoover Presto  
2-in-1 Cordless  
Stick Vacuum

4

Have fun! Don't stress over making something "perfect"—there's no such thing. Just complete the task to the best of your ability. Do the challenges while listening to your favorite tunes or while watching your favorite show.

# 2012 january #GetButtonedUp Challenge

## sunday

1

Take a few minutes to get clear on your goals for 2012. If you want to add visual fun, use this printable to set multiple goals: [bit.ly/vXjdq6](http://bit.ly/vXjdq6). Then break each goal into bite-size tasks using this printable: [bit.ly/tb35Ji](http://bit.ly/tb35Ji)



## monday

2

Go through the mail pile and toss/recycle all the junk. You don't need to "wait" to get a shredder. Just rip up potentially sensitive documents with your hands.



## tuesday

3

Set up a mail & key drop station. For key drop, use anything from a large sea shell to hooks to a small fabric storage bucket [bit.ly/UTR4o9](http://bit.ly/UTR4o9).



## wednesday

4

Put a colorful recycle bin right next to, or under, the mail drop spot. If you don't have one, we love these bright & cheery ones made in Nepal from recycled plastic wrappers. [bit.ly/sfdCrd](http://bit.ly/sfdCrd)



## thursday

5

Teach all relevant family members how to use the new mail system & key drop. After today, no mail gets placed on a table or countertop. All junk goes immediately into your recycling bin, and mail into the sorter.



## friday

6

If you haven't already, take down lingering ornaments & Holiday décor. Organize them now & make your life easier next year. Invest in an ornament box if you do not already have one. [bit.ly/tbQ82i](http://bit.ly/tbQ82i)



## saturday

7

Pick up all papers on the kitchen counters. Put unpaid bills and relevant correspondence in the mail sorter. Toss all paperwork that is out of date or no longer relevant. Toss lingering kid's artwork.



8

Pat yourself on the back. Then set up a donation box & put it in your kitchen.



9

Organize the cupboard or drawer holding your baking sheets & pans. If you can, use tension rods as separators if you can. [bit.ly/vIMSzG](http://bit.ly/vIMSzG)



10

Go through your utensil drawer and put any and all utensils you haven't used in the past 6-12 months in the donation box.



11

Declutter your cabinet with drinking glasses. Put any sippy cups, plastic cups, & rarely used misfits in the donation box. Toss or recycle orphan sippy cup parts or glasses that are chipped or cracked.



12

Take a hard look at your kitchen appliances. Are there any you really don't use? Be honest with yourself. Better for them to go to a home where they will be used than to continue to gather dust on your countertops & in your cupboards.



13

Go through your spice cabinet and organize them—either alphabetically or by type (e.g. Italian, grilling, etc.). Discard any that are past their prime—you can tell which ones they are because they will have lost their aroma.



14

Got too many flower vases? Again drop them in the donation box. Churches can always use more of them.



15

Organize all of your cans on a can shelf in your cupboard or pantry.



16

Go through your freezer & toss any seriously long in the tooth items. If you haven't used them yet... you're probably not going to. Use the general rule of thumb that food will be good for 3-6 months.



17

Remove all orphan wire hangers from your closet (and get all other family members to do the same). If you have time, drop them off at your dry cleaner on your way to work tomorrow. If not, toss them into the recycle bin.



18

Remove all plastic dry cleaning cover bags from hangers in your closet (& get all other family members to do the same). These bags lock in harmful chemicals that can damage your clothes & are a hazard for small children.



19

Pick up all clothing items that are either on the floor of your room or on the floor of your closet. Either put them in the hamper or put them away.



20

Declutter your belts. If you haven't worn one in more than 1 year, or if it no longer fits, it is time for it to go. Put it into the donation box.



21

Edit your sweaters & sweatshirts. If you haven't put it on in at least 1 year, put it in the donation box.



22

Edit your shoes. If you haven't worn them in at least 1 year, put them in the donation box.



23

Find 5 items of clothing you haven't worn in 12 months. Place them in the donation box.



24

Declutter, then dust, the tops of your bedside tables. Toss useless papers, recycle old magazines, and put books back on bookshelves.



25

Put a loose change jar on the top of a bureau. Order some Wallies chalkboard sticker sheets. When they arrive, use this free printable to cut out a nice template shape: [bit.ly/to3vnp](http://bit.ly/to3vnp)



26

Go through your underwear drawer while watching TV or listening to your favorite tunes. Edit/toss items that are no longer useable (i.e. ripped tights, holey socks). Fold everything & put back in.



27

Clean underneath the bed. If you're feeling extra motivated, turn the mattress while you're at it.



28

Toss all outdated toiletries and makeup.



29

Get rid of any hair accessories you haven't used in 6 months.



30

Dispose of expired medicines properly ([bit.ly/9EcG1G](http://bit.ly/9EcG1G)) and put remaining ones in a spot that is out of harm's way.



31

Pat yourself on the back for all of that amazing work! Now set your egg timer for five minutes while you go declutter one side of your desk. GO!



“Becoming buttoned up is about learning how to navigate the subtle shades of grey that lie between chaos and perfection.”