

THE

Refresh Your Space

QUICK-DECK

30 simple, doable tasks
you can finish in 10 minutes or less.

Pick a card.

Tackle a space.

Feel the exhale.

SORTED BY SKYE

*Your home should
feel like an exhale.*

How to Use Your Refresh Your Space Deck

- 1 Print the following pages on cardstock or photo paper for a sturdy feel.
- 2 Cut each page into six individual cards.
- 3 Shuffle them — or pull the one that calls to you.
- 4 Set a 10-minute timer and get started. No overthinking, just action.
- 5 Challenge yourself to let go of a little more than feels comfortable. That's where the magic is.
- 6 Stand back and actually notice how the space feels. That shift is real.

Suggested pacing: 1 card per day for 30 days.

Tackle the junk drawer

Empty it completely. Toss anything broken, mystery-ish, or expired. Return what belongs elsewhere. Keep only the true MVPs: scissors, tape, batteries.

The rule: if you forgot it was in there, you don't need it.

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Sort your utensil drawer

Pull out duplicates, broken pieces, and anything you haven't touched in six months. Your drawer should earn its space.

One good can opener beats five mediocre ones every time.

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Purge the pantry

Check every expiration date. Toss anything that's past it, nearly gone, or that your family realistically won't eat. Group what's left by category.

If the decanting containers are still in the bag from the store... it's okay to let that dream go.

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Clear under the kitchen sink

Toss mystery sprays and duplicates. Consolidate what stays. Place a plastic bin under the plumbing — it'll catch any drip before it becomes a problem.

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Clean out your fridge door

Old condiments, four salad dressings you've forgotten about, expired sauces — out they go. Wipe the shelves while they're clear.

Ask yourself: do I actually use this, or does it just live here?

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Organize your spice collection

Toss anything clumped, faded, or past its prime. Arrange what's left by how often you reach for it. Daily-use spices go front and center.

Declutter tip: if you can replace it for under \$5, let it go without guilt.

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Do a quick wardrobe pass

Scan for anything you haven't worn in six months. No trying things on — just pull what you know isn't getting love. Donate.

Goal: 10 items in 10 minutes. You can do this.

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Declutter your shoes

Worn-out soles, pinched toes, or just never-worn? Out. Your closet floor will thank you.

Goal: find 3 pairs to donate or toss in 10 minutes.

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Tackle socks and underwear

Unmatched socks, stretched-out elastic, anything that's seen better days — toss them all. This one is surprisingly satisfying.

Instant mood boost. Seriously.

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Tidy your nightstand

Return books to shelves, move cups to the kitchen, toss the dried-up lotion. Keep only what genuinely belongs in your sleep space.

Your nightstand should support your rest — not store your overflow.

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Sort your skincare shelf

Discard anything expired, almost-empty, or that never made it into your actual routine. Keep what you use. Rehome the rest.

That viral product you tried once? It's not serving you by sitting there.

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Tidy your dresser top

Everything goes back to its home. Keep only 1–3 intentional items out — a small plant, a jewelry dish, something you love.

Mastery tip: flat surfaces are not storage. Protect them.

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Clean out the medicine cabinet

Dispose of expired medications safely. Organize what remains into categories: daily supplements, allergy, first aid, cold/illness, and prescriptions.

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Organize your bathroom countertop

Daily essentials only stay out. Everything else goes in a drawer, cabinet, or bin. Wipe the surface down when you're done.

If it doesn't get used every single day, it doesn't earn counter space.

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Declutter your makeup

Toss duplicates, expired products, anything you reach around every morning but never actually use.

You deserve a makeup routine that feels good, not one that stresses you out.

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Clean out the guest bath vanity

Toss empty containers and products that belong to no one. Organize cleaning supplies. Restock guest basics so you're always ready.

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Declutter your towels

Keep no more than two full sets per bathroom. Repurpose worn ones as cleaning rags. Donate the rest.

Less laundry. More breathing room. Worth it.

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Declutter your linen closet

Get rid of worn-out or excess linens. Donate extras. Organize by category: sheets together, towels together, blankets together.

One rule: no more than two sets of sheets per bed. The rest goes.

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Purge the kids' toy bins

Pick one small toy zone and set your timer. Toss anything broken or worth under \$3. Donate what they've outgrown.

Bonus: rotate a few toys out of sight. It's like new toys — for free.

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Tackle games and puzzles

Check for missing pieces. Donate anything the family has outgrown. Consolidate what stays into one organized spot.

If you'd never notice it was missing — it's missing for a reason.

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Do a trash pass

Set your timer. Grab a bag. Walk every room in your home and collect only what's trash — no organizing, just removing obvious waste.

One pass can shift the whole energy of your home. Try it.

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Sort your mail stack

Three piles: Act (needs action), File (keep it), Recycle (done).

Process only what's in front of you today.

Bonus: create a simple ongoing filing system so it doesn't pile up again.

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Create a Donation Station

Pick a permanent spot in your home — a basket, a tote, a shelf in the garage — where items that need to leave can land. Tell the whole family where it is.

When it's full, drop it off. Simple, sustainable, done.

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Purge your accessories

Jewelry, scarves, belts — if you haven't reached for it in six months, donate it. Be honest about your real everyday style, not your aspirational one.

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Declutter your inbox

Delete old threads. Unsubscribe from newsletters you haven't opened in months. Aim for a lighter inbox, not perfection.

Tip: search 'unsubscribe' and batch-clear in one go.

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Tackle your car

Trash bag first. Then clear the console and glove box of anything that doesn't belong in a vehicle. Return items to their home inside.

Your car is part of your home too. It deserves a reset.

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Purge your purse

Empty it completely. Toss receipts, old gum, mystery wrappers. Return anything that belongs elsewhere. Only put back what earns its place.

A lighter bag = a lighter day.

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Declutter your books

Goal: find 5 books in 10 minutes that you'll realistically never read again. Donate them to your local CT library or a little free library.

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Sort cleaning supplies

Pare down to what you actually use. Toss nearly-empty bottles of the same product. Consolidate. You'll free up serious space under the sink.

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Declutter pet supplies

Old or damaged toys — toss. Organize food, treats, and grooming supplies so you can see everything at a glance.

No pets? Use this card to declutter your gift-wrapping station instead.

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YOUR CT DISPOSAL GUIDE

Donation Centers

Most CT donation centers accept gently used, working household items. Goodwill locations in Cromwell, Middletown, Hartford, Meriden, and Hamden are all options. Call ahead — centers typically don't accept liquids, broken electronics, mattresses, car seats, or large appliances.

Local Shelters

CT women's, homeless, and family shelters often accept consumables that donation centers won't — toiletries, cleaning supplies, diapers, baby wipes, and food. Search 211CT.org for shelters near you.

Resell Tips

Facebook Marketplace and Poshmark work well for CT families. Be honest with yourself: will you really list it? If not, donate it and reclaim your time. Your energy is worth more than \$12.

E-Waste Recycling

CT has free e-waste drop-off. Best Buy, Staples, and Home Depot all participate. Accepted items include old phones, chargers, cables, small appliances, TVs, monitors, and computers.

Hazardous Household Waste

CT DEEP hosts hazardous waste collection events throughout the year. They accept paints, solvents, motor oil, pesticides, and batteries. Visit ct.gov/deep to find your next local event.

Books & Media

Donate gently used books to your local CT public library (many have Friends of the Library sales), a Little Free Library in your neighborhood, or Book Drop CT. Schools and daycares also welcome children's books.