Decluttering Checklist

Use this checklist to help with removing clutter from your life. When choosing to keep or toss, consider this:

* **1 Year:**  If you haven't used it in the past year, get rid of it.
* **Size:** If it's too small, too large, or just doesn't fit right with your home or body, toss it.
* **Duplicates:** If you have more than one, keep one and give the rest away.
* **Love & Joy:** If it doesn't bring you joy and you don't absolutely love it, get rid of it.
* **Replacement Cost:** If you can't remember the last time you used it and it is cheap to replace, toss it.
* **Doesn't Fit in Your Life.** Life is constantly changing. If it doesn't fit in your current life and is something you can easily replace, give it away or donate it.
* **Does It Make Life Easier?** If not, there's no reason to keep it.
* **Would You Buy It Today?** If not, you probably don't need it.

## Kitchen - Start at the top of your upper cupboards and work your way down

* Extra & unused small appliances
* Expired coupons
* Old appliance manuals
* Items that don't belong in the kitchen
* Empty vases, bowls, containers
* Expired cleaning supplies
* Unused cookbooks
* Scratched or dented cookware
* Dish towels with more holes than swiss cheese
* Worn out hot pads & oven mitts
* Outdated spices and pantry items
* Expired or freezer burned foods
* Gadgets that are never used
* Old or unused dishes, utensils, cutlery, glasses/mugs
* "Junk" drawers - sort and toss.

## Living Room / Family Room

* "Junk" drawers - sort and toss.
* Extra ornaments, knick knacks
* Out of date books
* Broken furniture
* Dead/dieing plants
* Magazines
* Uninspiring décor
* Extra power cords
* Toys that never get played with
* Games with missing pieces
* Outdated technology
* Movies you no longer watch

## Bath Room

* "Junk" drawers - sort and toss.
* Expired medications
* Towels and wash rags with holes
* Almost empty shampoo/conditioner bottles - consolidate and toss empties
* Old razors, toothbrushes, combs, brushes, etc.
* Expired makeup and dried nail polish
* Unused curling irons, straighteners, blow dryers
* Used lip balm
* Expired sunscreen
* Unused perfume and colognes
* Unused travel size soaps and shampoos

## Bedroom

* "Junk" drawers - sort and toss
* Wire hangers
* Socks without mates or with holes
* Clothes that don't fit or have holes or stains
* Old shoes you no longer wear
* Outdated décor
* Broken furniture
* Extra pillows
* Extra bed linens

## Other

* "Junk" drawers - sort and toss
* Old calendars and planners
* Empty boxes
* Take out menus
* Old magazines and newspapers
* Extra cleaning rags
* Candles, night lights, etc. you don’t use
* Ear buds, alarm clocks, old cell phones
* Old paint
* Screws, nuts, bolts, nails, etc.
* Outdated or broken holiday décor
* Unused flower pots
* Anything you purchased and failed to return