DECLUTTERING CHECKLIST

50+ things you can get rid of today

KITCHEN		LIVING ROOM
Expired food & spices Extra sauce packets Old/torn dish towels Unused appliances Food storage containers Expired coupons Mugs you never use Duplicate bottle openers Unused magnets	Formal wear you don't use Random "just in case" buttons" Pile of gift bags you'll never reuse Old journals or planners Unused wallets & purses BATHROOMS	Broken or ignored toys Decor you don't love Outdated electronics Worn-out throw pillows Books you won't re-read Plants you don't want to care Mystery remote controls Candle jars with barely any wa
Worn-out kitchen gloves One-job tools Mismatched utensils Pots & pans you don't use Extra water bottles Chipped plates & bowls Takeout menus Old cookbooks you never use Duplicate kitchen gadgets Excess grocery bags Reusable shopping bags Unused linens Freezer-burned food	 Never-worn jewelry & accessories Towels with holes or stains Unused or disliked toiletries Expired medications Dried-up nail polish Cleaning supplies you don't use Stained washcloths Broken or unused brushes & combs Old loofahs or shower poufs Expired sunscreen & skincare Sample-sized toiletries Half-used chapsticks Free makeup bags from gift promos Stretched-out or broken hair ties 	CLOSETS, ETC. Dried-out pens & markers Paper manuals Old magazines Puzzles with missing pieces Paper clutter Old magazines + newspapers Unknown chargers & cables Junk in the bottom of drawe Seasonal items you don't use Extra bins & organizers Extra/broken laundry hampe
BEDROOMS	GARAGE	Unplayed board gamesUnused keychainsFreebies from events
Old sheets & blankets Clothes that don't fit Mismatched socks Worn-out underwear Broken/mismatched hangers	Broken plantersUnused exercise equipmentGardening supplies you don't use	Business cards

Shoes that hurt your feet

Old or broken belts