

# DECLUTTERING CHECKLIST

## Kitchen

- Expired food
- Stale spices
- Unused appliances
- Containers without lids
- Unwanted mugs
- Extra utensils
- Cracked or chipped plates
- Damaged towels
- Unnecessary cookbooks
- Excess foil or plastic wrap
- Outdated cleaning products

## Bedroom & Closet

- Unworn clothes
- Old shoes
- Excess hangers
- Outgrown kids' clothing
- Socks with holes or missing pairs
- Old underwear
- Stained or worn-out bedding
- Unused throw pillows
- Unused blankets
- Old pajamas

## General Home

- Old paint cans
- Unfinished craft projects
- Expired batteries
- Broken jewelry
- Old wallets or bags
- Unused travel accessories
- Outdated gift cards
- Unused gardening tools
- Unused sports equipment
- Excess water bottles
- Single-use items
- Excess furniture
- Outdated prescription glasses
- Old baby gear
- Toys with missing pieces
- Old holiday decorations
- Unnecessary paperwork

## Bathroom

- Expired cosmetics
- Old toiletries
- Expired medications
- Old toothbrushes
- Dried-up nail polish
- Expired sunscreen
- Old razors
- Worn-out cleaning supplies
- Old towels
- Expired first aid supplies

## Living Area & Office

- Old magazines
- Unused books
- Obsolete frames
- Outdated coupons
- Unused fitness equipment
- Old calendars
- Tattered rugs
- Outdated artwork
- Old DVDs or CDs
- Unused board games

## Digital

- Unnecessary apps
- Old emails
- Outdated files
- Unused accounts
- Duplicate or blurry photos
- Unused cloud services
- Old browser bookmarks
- Old digital music
- Unused video games



Challenging to find happiness that you don't cause we're comparing people rather than it's really going on focus on the positive

