

DECLUTTERING CHECKLIST

BEDROOM

- Sort closet: Keep, Donate, Toss
- Remove clothes not worn in 12+ months
- Clear nightstand (max 3 items)
- Put away clothes from "the chair."
- Toss worn-out shoes & accessories

BATHROOM

- Discard expired medicines & supplements
- Remove unused skincare & makeup
- Declutter under-sink storage
- Toss nearly-empty and duplicate products
- Donate worn, thin, or stained towels

LIVING AREAS

- Remove old magazines, catalogs & loose papers
- Donate books you won't reread
- Clear coffee tables & side tables
- Declutter blankets & throw pillows
- Check under furniture for forgotten items

KITCHEN

- Toss expired pantry items, spices & condiments
- Remove duplicate utensils, pots & bakeware
- Clear countertops to daily-use items
- Match plastic containers with lids
- Donate unused small appliances

OFFICE AREA

- Sort papers: file, shred, or recycle
- Test pens, markers & highlighters
- Clear the desk of daily essentials
- Remove old tech, cords & unused equipment
- Declutter bookshelves

KIDS PLAY AREA

- Sort toys into Keep, Donate & Toss
- Remove broken toys and incomplete games
- Donate outgrown or unused toys
- Declutter artwork & school papers
- Remove clothes that no longer fit