

Decluttering Checklist

Kitchen

- Extra cups and mugs (how many do you really need/use?)
- Plastic cutlery
- Expired food
- Unused plastic containers, especially if they don't have a lid
- Multiple pairs of scissors (keep only two if you must keep multiple)
- Travel mugs that are ugly/missing lids/don't keep things hot or cold well
- Duplicate kitchen utensils
- Cookie cutters you don't use
- Cake pans you don't use
- Extra mason jars

Bathroom

- Makeup that has expired
- Outdated drugs or vitamins
- Excess bobby pins
- Dried up nail polishes
- Unused perfume or colognes
- Makeup you've never used
- Extra travel size shampoo bottles
- Curling irons or straighteners you don't use
- Half used lip balm containers
- Expired sunscreen

Paper Clutter

- Old bills
- Paychecks older than 2 years
- Old newspapers
- Ticket stubs
- Extra notebooks
- Old Christmas cards
- Old calendars
- Boxes
- Expired coupons
- Old day planners
- Take out menus (you can easily find this information online)

Bedrooms

- Extra plastic hangers
- Socks with holes or without mates
- Old sneakers
- Jewelry you don't wear
- Clothes that are more than 2 sizes too big or small

Linens And Decor

- Rugs or decor you don't use
- Extra pillows
- Extra bed linens (you should have two sets per bed)
- Extra cleaning rags
- Tea light candles (use them or lose them)
- Knick knacks you don't like or don't display
- Candles you don't use

Entertainment/Tech

- Magazines
- Books you will never read again
- Old technology (CDs, VHS tapes)
- Movies you won't watch again
- More ear buds than you have family members
- Toys that never get played with
- Games with missing pieces
- Video games or board games you never play
- Cords that don't belong to anything you currently own
- Duplicate power cords that never get used
- Travel alarm clock (use your phone)
- Old phone covers or screen protectors
- Stuffed animals your kids don't love anymore

Everything Else

- Projects that are half-finished
- Old paint
- Old product boxes
- Matches you'll never use
- Things you bought and haven't returned (return them!)
- Loose screws, nuts, bolts, etc.
- Holiday decor you don't use
- Old party supplies
- Old wedding favors
- Cleaning supplies you don't use
- Flower pots (if you don't use them)
- Extra buttons
- Extra highlighters
- Samples of any kind that you aren't using
- Tape measures (keep one and toss the rest)
- Miscellaneous ribbons or string
- Organizers that aren't in use
- Keychains you don't use