

FREE PRINTABLE CHECKLIST

DECLUTTER YOUR HOME

- ROOM BY ROOM -

KITCHEN

- EXPIRED FOOD
- BROKEN STUFF
- EVERYTHING THAT'S CHIPPED - PLATES, GLASSES, CUPS
- EXPIRED CLEANING SUPPLIES & DETERGENTS
- EMPTY PACKETS
- BROKEN APPLIANCES
- OLD POTS, PANS AND LIDS THAT YOU NO LONGER USE
- STUFF YOU CANNOT CLEAN OR YOU HATE LOOKING AT

LIVING ROOM/ OFFICE

- BROKEN / BAD DECORATIONS THAT YOU NO LONGER LIKE TO LOOK AT
- OLD CANDLES
- OLD NEWSPAPERS OR MAGS
- OLD CUSHIONS
- BROKEN PIECES OF FURNITURE
- OLD ELECTRONICS, CHARGES & CABLES
- OLD INVOICES
- EXPIRED WARRANTIES
- DEAD OR SOON TO BE DEAD PLANTS
- STUFF YOU CANNOT CLEAN OR HATE LOOKING AT

BATHROOM

- OLD TOOTHBRUSHES
- OLD TOOTHPASTE
- EMPTY / ALMOST EMPTY CONTAINERS
- ANYTHING YOU HAVEN'T USED IN THE LAST 3 MONTHS
- OLD COSMETICS & CREAMS
- OLD PERFUMES
- TOWELS WITH HOLES IN THEM
- OLD BATH MATS
- OLD TOILET BRUSH
- STUFF YOU CANNOT CLEAN OR HATE LOOKING AT

BEDROOM

- DÉCOR THAT YOU NO LONGER LIKE LOOKING AT
- OLD OR STAINED PILLOWS AND BED LINEN
- CLOTHES NO LONGER IN USE / HAVEN'T WORN IN PAST 6 MONTHS
- BROKEN ACCESSORIES
- UNUSED STORAGE BOXES
- THE 'MATES' OF LOST SOCKS
- STUFF YOU HATE TO LOOK AT

STORAGE

- EVERYTHING THAT'S EXPIRED
- EVERYTHING THAT YOU HAVEN'T USED IN THE PAST 6 MONTHS
- EVERYTHING THAT YOU WILL NOT USE IN THE NEXT 6 MONTHS
- OLD BATTERIES
- OLD BOOKS
- OLD NEWSPAPERS & MAGAZINES
- OLD PAPERS
- OLD APPLIANCES & FURNITURE
- OLD CLOTHES & SHOES
- STUFF YOU HATE LOOKING AT

BEDROOM

- TOYS NO LONGER IN USE
- BROKEN TOYS
- OLD DIY PROJECTS NO LONGER IN USE
- DAMAGED BOOKS
- EXPIRED PLAY-DOH
- PIECES OF TOYS THAT CANNOT BE FOUND ANYMORE
- INCOMPLETE PUZZLES
- OLD COLOURING BOOKS
- BROKEN PENCILS AND CRAYONS
- OUTGROWN ITEMS