

declutter your home

In each room, go looking for things that match the checklist item. If you have spares or don't need them, get rid of them! Remember that you can often recycle and donate unwanted items to charity shops.

KITCHEN

Check every drawer

- Unused cups and mugs
- Expired canned goods
- Cleaning supplies
- Spare utensils
- Cookie cutters
- Cake tins
- Jars, ramekins, etc.
- Cookbooks
- Stale spices
- Dishtowels
- Oven mitts
- Frozen food
- Cutlery

WORKSPACE

If it's not helping you work, consider getting rid of it

- Cables
- Pens, pencils
- Rubber bands
- Unused gadgets
- Extra headphones
- Binders and folders

BEDROOM

Look under the bed

- Old clothing
- Lonely socks
- Belts
- Shoes
- Broken jewellery
- Spare linens
- duvets, comforters
- Unused blankets and cushions

PAPER GOODS

Recycle where possible

- Books
- Magazines
- Last year's calendar
- Old manuals
- Newspapers
- Greetings cards
- Receipts
- Printouts
- Photos
- Manuals
- Restaurant menus

LIVING ROOM

Make some room to relax

- Electronics and cables
- Board games and puzzles
- CDs and cassettes
- DVDs and VHS tapes
- Video games
- Old games consoles
- Dead houseplants
- Candles
- Cushions

STORAGE

You can get rid of just about everything in the "junk drawer"

- Old batteries
- Candles and tea lights
- Old paint
- Loose screws, nuts, bolts, and other fasteners
- Unmatched buttons
- Holiday decorations
- Old carrier bags
- Empty cardboard boxes
- Unused fitness equipment

CHILDREN'S ROOMS

If it's meaningful, you can save it

- Old toys
- Art supplies
- Kids books and magazines
- School uniforms
- Outgrown clothes and shoes
- Cheap plastic knickknacks
- Swimming kit and goggles
- Art that isn't worth saving

BATHROOM

It's time to toss your expired products

- Expired beauty and health products
- Old toothbrushes (change them every three months!)
- Spare bobby pins, hair ties and clips
- Vitamins and medications
- Useless hairdryer attachments
- Old facecloths and towels
- Spare shower or bathmats