

Decluttering Checklist

KITCHEN	BEDROOM(S)
<input type="checkbox"/> Expired food, sauces and spices	<input type="checkbox"/> Clothes that no longer fit
<input type="checkbox"/> Small appliances you never use	<input type="checkbox"/> Clothes you no longer like
<input type="checkbox"/> Cooking tools you never use	<input type="checkbox"/> Shoes you never wear
<input type="checkbox"/> Old tea towels	<input type="checkbox"/> Broken jewellery
<input type="checkbox"/> Odd glasses	<input type="checkbox"/> Odd or old socks
<input type="checkbox"/> Chipped crockery	<input type="checkbox"/> Handbags you don't use
<input type="checkbox"/> Serving platters you never use	<input type="checkbox"/> Old pillows/duvets
<input type="checkbox"/> Inherited items you don't use	<input type="checkbox"/> Torn sheets
<input type="checkbox"/> Fridge magnets (all of them)	<input type="checkbox"/> Old make-up and toiletries
<input type="checkbox"/> Plastic food containers you don't use	<input type="checkbox"/> Broken hairdryers, straighteners etc.

BATHROOM	PLAYROOM
<input type="checkbox"/> Old sunscreen	<input type="checkbox"/> Broken toys
<input type="checkbox"/> Expired medication	<input type="checkbox"/> Toys the kids have outgrown
<input type="checkbox"/> Beauty products you never use	<input type="checkbox"/> Old Colouring/Activity books
<input type="checkbox"/> Cleaning products you never use	<input type="checkbox"/> Games or puzzles with missing pieces
<input type="checkbox"/> Old towels and face cloths	<input type="checkbox"/> Dressing up costumes that no longer fit

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LIVING ROOM	HOME OFFICE
<input type="checkbox"/> Old magazines and books	<input type="checkbox"/> Paper documents no longer needed
<input type="checkbox"/> Unnecessary throws and cushions	<input type="checkbox"/> Invoices/receipts no longer needed
<input type="checkbox"/> Ornaments and vases	<input type="checkbox"/> Old stationery you no longer need
<input type="checkbox"/> Pictures and artwork on the walls	<input type="checkbox"/> Old business cards - yours and others'
<input type="checkbox"/> DVD/Video games no longer used	<input type="checkbox"/> Books you'll never read (again)
<input type="checkbox"/> Electronics equipment no longer used	<input type="checkbox"/> Broken printers, keyboards, screens etc.
<input type="checkbox"/> Broken remotes, leads, controllers	<input type="checkbox"/> Old leads, cameras, speakers etc.

GARAGE/SHED	ATTIC
<input type="checkbox"/> Old bikes and scooters	<input type="checkbox"/> Old suitcases
<input type="checkbox"/> Broken garden tools	<input type="checkbox"/> Inherited items you've never used
<input type="checkbox"/> Old pots of paint and paintbrushes	<input type="checkbox"/> Old Christmas decorations
<input type="checkbox"/> Old pieces of furniture	<input type="checkbox"/> Old camping equipment
<input type="checkbox"/> Plant pots you've never used	<input type="checkbox"/> Old sports equipment