

# 30 DAY DECLUTTERING

## Checklist

### WEEK 1

- ☐ Old spices
- ☐ Jars missing lids
- ☐ Mismatched tupperware
- ☐ Expired pantry items
- ☐ Extra utensils & unused gadgets/ appliances
- ☐ Just in case food containers
- ☐ Old supplements and Meds
- ☐ Old makeup / makeup you don't like
- ☐ Free samples
- ☐ Dead batteries
- ☐ Freebies
- ☐ Extra cups/dishes/silverware
- ☐ Poor quality cookware

### WEEK 2

- ☐ Reciepts
- ☐ Gift cards
- ☐ Expired credit/debit cards
- ☐ Keys and keychains
- ☐ Craft supplies or old hobbies
- ☐ Outdated damaged electronics
- ☐ Chargers and USB cords
- ☐ Extra earphones
- ☐ Phone | Camera | Computer accessories
- ☐ Almost empty bottles (lotion, makeup, etc)
- ☐ Unneeded duplicates
- ☐ Expired warranties and manuals

### WEEK 3

- ☐ Kids and Dog Toys
- ☐ Random parts (what does it even go to?)
- ☐ Purchases past the return window
- ☐ Extra blankets and linens
- ☐ Broken missing or unwanted accesories
- ☐ Clothes that don't fit (Adult and Kids)
- ☐ Worn out shoes
- ☐ Just in case clothes (fancy and project)
- ☐ Vases
- ☐ Books
- ☐ Magazines
- ☐ Damaged Sunglasses
- ☐ Mismatched Socks

### WEEK 4

- ☐ Gifts
- ☐ Empty boxes
- ☐ Stored home decor
- ☐ Greeting cards (make digital copies keep sentimental)
- ☐ Games with missing pieces
- ☐ Gadgets that let you down
- ☐ Old notebooks, planners, calanders
- ☐ Stationary
- ☐ Extra/ cheap hangers
- ☐ Exercise equipment
- ☐ Dead plants
- ☐ Souvenirs