



# DECLUTTERING CHECKLIST

Generally speaking, we recommend decluttering any items you don't use, don't love, or don't want anymore. We also recommend tossing any duplicate items, things that are broken, or clothes that don't fit.

Here are 8 items you can start declutter TODAY (that won't be so tough)!

- Clothes from high school / or a much younger self
- Clothes that don't fit / have a strange fit on you
- Kitchen tools or utensil duplicates (or ones that don't work)
- Paper clutter - digitize then discard!
- Office tool duplicates (i.e. you don't need 4 staplers...)
- Expired cosmetics - Rule of Thumb: 3+ months old? Toss it!
- Half-used beauty products - use it up or toss it!
- Mugs (store any sentimental mugs outside of the kitchen)