

5 Reasons You Struggle to Declutter

- Fear of missing out
- Feelings of guilt for wasting \$\$\$
 - You're holding onto items 'just in case' you may need them in the future.
- You don't want to disappoint the original gift giver
- Stuck on sentiment
 - You struggle to let go of sentimental items
- You don't know where to start



10 Items to Declutter in the Basement

- Old/unused appliances or electronics
- Cardboard boxes
- Anything broken/damaged
- Exercise equipment collecting dust
- Old paint cans
- Old/unused sports equipment
- Bag labels 'donations'
- Old textbooks
- Unused/broken/excess holiday decorations
- Old/unused party supplies



10 Items to Declutter in the Bathroom

- Old/expired cosmetics
- Unworn hair accessories
- Dull razor blades
- Moldy/excess bath toys
- Travel size items
- Unused/excess appliances
 - I.E. Hairdryer, straightener, curling iron, crimper
- Old/expired medications
- Skincare products
- Excess decorations
 - Especially those taking up precious counter space
- Dingy shower curtains

10 Items to Declutter in the Kitchen

- Excess mugs
- Excess, worn hand towels
- Appliances you never use
- Gadgets that only serve one purpose
 - Yolk remover, egg slicer, garlic peeler
- Unnecessary spices
- Tupperware without a match
- Fancy dishes and silverware (unused)
- Flyers and takeout menus
- Random/unused sauce and condiments
- Anything expired in the fridge or pantry



10 Items to Declutter in Your Closet

- Old clothing that no longer fits
- Socks without a match
- Accessories you never wear
- Formal wear you'll never wear again
 - I.E. Bridesmaid dresses
- Clothing that's too tight
- Free t-shirts
- Stretched out clothing
- Any item damaged beyond repair
- Excess hangers
- Anything you're holding onto JUST because you've spent the \$\$\$



10 Items to Declutter in the Living Room

- Knickknacks
- Unused remotes
- Unused media
 - DVDs, CDs, videogames
- Unused furniture
- Paper clutter
- Excess bowls/containers/baskets
- Excess decorative pillows
- Excess/unused candles
- Old magazines
- Anything that doesn't belong in the space
 - Nail clippers, mugs/glasses, clothes

10 Items to Declutter in the Garage

- Outgrown children's toys/equipment
- Unused sporting equipment
- Trash (unnecessary garbage)
- Old, worn-down patio furniture
- Old paint cans
 - Note: Paint is best stored in temperate areas, anyway!
- Unused, bulky tools
- Broken/damaged holiday decorations
- Miscellaneous screws, hinges, hardware
- Grungy gardening, exercise shoes
- Expired chemicals
 - Make sure to dispose of properly



10 Items to Declutter in the Office

- Outdated software
- Unnecessary papers
- Trash (unnecessary garbage)
- Broken pens and pencils
- Dried supplies
 - I.E. Ink pad, white out, glue
- Books
- Excess office supplies
- Excess electrical cords
- Old magazines and newspapers
- Items that belong elsewhere



10 Items to Declutter in the Playroom

- Broken toys
- Puzzles with missing pieces
- Dried out markers and paint
- Multiples
- Coloring books that have been thoroughly colored
- Toys that haven't been played with for a season
- Age inappropriate toys
- Toys that *you* like (and wish your kids would play with) but they don't
- Any toy you seem to pick up often but isn't actually played with
- Any toy that stresses *you* out

