

100 Things to Declutter

A room-by-room checklist for clearing out your home

KITCHEN

- ☐ Expired spices
- ☐ Containers with no matching lids
- ☐ Lids with no matching containers
- ☐ Mismatched or chipped mugs
- ☐ That one appliance you used once
- ☐ Old takeout menus
- ☐ Novelty ice cube trays
- ☐ Water bottles you don't reuse
- ☐ Extra plastic grocery bags
- ☐ Expired pantry items
- ☐ Duplicate gadgets (extra can openers, etc)
- ☐ Recipe cards you'll never use
- ☐ Broken or bent utensils
- ☐ Free promo cups
- ☐ Cracked or stained cutting boards
- ☐ Worn out dish towels
- ☐ Takeout condiment packets
- ☐ An appliance that's too loud to use
- ☐ Mugs from places you don't remember
- ☐ Reusable straws you never pack

BATHROOM

- ☐ Old makeup that's changed color or smell
- ☐ Half used lotion you didn't like
- ☐ Expired medications
- ☐ Hotel toiletries
- ☐ Thickened, gloopy nail polish
- ☐ Hair ties with no stretch left
- ☐ Old toothbrushes
- ☐ Ratty towels
- ☐ Saved sample products
- ☐ Empty bottles you meant to refill
- ☐ Products from a trend you skipped
- ☐ Dull razors
- ☐ Perfume you don't wear

CLOSET & CLOTHES

- ☐ Clothes that haven't fit in a year
- ☐ Anything with holes you'll never fix
- ☐ Socks with no match
- ☐ Shoes that hurt to wear
- ☐ Tagged items from stores you can't return to
- ☐ That one formal outfit from years ago
- ☐ Workout clothes for a routine you quit
- ☐ Old uniforms or work clothes
- ☐ Wire dry cleaner hangers
- ☐ Belts you never wear
- ☐ Purses or bags falling apart
- ☐ Clothes that don't match your style now
- ☐ Pajamas more holes than fabric
- ☐ Winter gear you no longer need

PAPER CLUTTER

- ☐ Bills you've already paid
- ☐ Receipts for things you no longer own
- ☐ Expired coupons
- ☐ Manuals for things you don't own
- ☐ Junk mail
- ☐ Old greeting cards
- ☐ School papers from years ago
- ☐ Business cards you don't remember
- ☐ Printed copies of digital documents
- ☐ Expired warranty papers
- ☐ Old calendars and planners
- ☐ Magazines you've already read

LIVING ROOM

- ☐ Remotes for electronics you no longer own
- ☐ Chargers that fit nothing you own
- ☐ DVDs or CDs you never use
- ☐ Decorative pillows you never touch
- ☐ Candles burned down to nothing
- ☐ Throw blankets you never use
- ☐ Coffee table books you never open
- ☐ Dead batteries

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- ☐ Board games missing pieces
- ☐ Empty picture frames

BEDROOM

- ☐ Extra pillows you don't need
- ☐ Bedding that doesn't match your setup
- ☐ Tangled or broken jewelry
- ☐ Books you'll never finish
- ☐ Stuffed animals kept out of guilt
- ☐ Journals you never write in
- ☐ Alarm clocks you no longer use

OFFICE & TECH

- ☐ Old cell phones in a drawer
- ☐ Cords you can't identify
- ☐ Dead pens and dried out markers
- ☐ Sticky notes you'll never use
- ☐ Old textbooks
- ☐ Outdated tech (flip phones, old tablets)
- ☐ Ink for a printer you no longer own
- ☐ Broken headphones
- ☐ Mystery USB drives
- ☐ Old software CDs

GARAGE & STORAGE

- ☐ Paint cans from finished projects
- ☐ Broken tools
- ☐ Loose screws, nails, hardware
- ☐ Sports equipment you no longer use
- ☐ Empty boxes saved 'just in case'
- ☐ Broken or unused holiday decorations
- ☐ Camping gear you haven't touched in years
- ☐ Accessories for a car you no longer own

MISCELLANEOUS

- ☐ Gifts you never liked
- ☐ Free promo items from events
- ☐ Duplicates you forgot you had

- ☐ Broken items you keep meaning to fix
- ☐ Things you're keeping for a past version of you
- ☐ Anything untouched for over a year