

Common Trash. Clear Space.

Kerryn Simmons Coaching



Common Trash

Step 1 Trash

Common trash items

Trash might look different in different spaces.

Listed below are some options for what might constitute trash in your home. Some people will see things in this list that they would up-cycle like an old t-shirt becoming a cushion cover, or reuse like an old towel being cut into rags, or repurpose like food scraps becoming compost.

This list is not definitive or prescriptive: it's simply a starting point.

Remember in Step 1 we identify obvious trash. You get to decide what that means. If it's not obvious, skip it.

ENTRYWAY	Flowers or plants that have died Candles or blown lightbulbs Worn out shoes, clothes or accessories Worn out rug or door mat Items in your handbag or coat pockets	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
KITCHEN	Expired food, spices and condiments Chipped, cracked or broken mugs and plates Empty bottles, jars and packets Worn out tea towels and dish towels Old sponges and dishcloths Empty cleaner bottles Empty hand soap bottles Kitchen waste Blown lightbulbs	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
MASTER BEDROOM	Stained, torn or worn out clothing and shoes Stained, torn or worn out sheets and pillows Stained, blankets or throws Damaged handbags, purses, wallets or bags Broken coat hangers Broken or damaged items Flowers or plants that have died Candles or blown lightbulbs Old newspapers, magazines and books Expired medications	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>



LOUNGE ROOM

- Old or damaged cushions
- Old or damaged throw blankets
- Flowers or plants that have died
- Candles or blown lightbulbs
- Old or damaged puzzles, games or toys

LAUNDRY

- Old or damaged washcloths
- Old or damaged sponges
- Old or damaged scrubbing brushes
- Old or damaged cleaning gloves
- Empty laundry detergent bottle or box
- Empty cleaner bottles
- Empty disinfectant bottles
- Empty spray bottles
- Broken laundry pegs

HOME OFFICE

- Mail
- Envelopes
- Paperwork
- Flowers or plants that have died
- Candles or blown lightbulbs
- Old newspapers, magazines and books
- Broken pens and pencils
- Dead batteries
- Old notebooks or journals
- Chargers/cords for devices you no longer own
- Old business cards
- Old tax records you no longer need to keep

CHILDREN'S ROOMS

- Stained, torn or worn out clothing and shoes
- Stained, torn or worn out sheets and pillows
- Stained, blankets or throws
- Damaged handbags, purses, wallets or bags
- Broken coat hangers
- Broken or damaged toys
- Blown lightbulbs
- Damaged books

BATHROOM

- Empty toothpaste, mouthwash, old toothbrush
- Used dental floss or picks
- Empty shampoo and conditioner bottles
- Empty hand or body wash bottles
- Bar soap scraps, hair and used tissues
- Empty or expired makeup and skincare
- Worn out/damaged flannels, towels, bath mats
- Old toilet brush
- Used toilet paper roll
- Empty toilet cleaner bottle
- Flowers or plants that have died
- Candles or blown lightbulbs