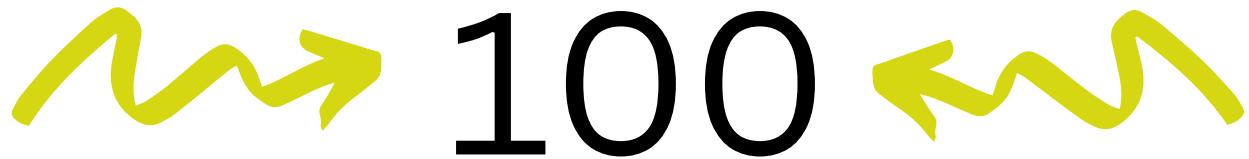


# Decluttering Guide



100

Items to  
THROW  
away  
Right Now!

Decluttering your space can be overwhelming, but it doesn't have to be! Use this guide to kickstart your journey to a more organized life by letting go of items that no longer serve you.

## **Kitchen**

- 1.Expired food items
- 2.Stale spices
- 3.Broken or chipped dishes
- 4.Old takeout menus
- 5.Duplicates of kitchen tools
- 6.Stained or mismatched containers
- 7.Worn-out dish towels
- 8.Unused cookbooks
- 9.Expired condiments
- 10.Cracked mugs

## **Bedroom**

- 1.Worn-out or stained bedding
- 2.Clothes that don't fit
- 3.Broken hangers
- 4.Unmatched socks
- 5.Old or unused jewelry
- 6.Broken accessories
- 7.Shoes that hurt to wear
- 8.Outdated or broken electronics
- 9.Worn-out pillows
- 10.Old magazines

## **Bathroom**

- 1.Expired medications
- 2.Empty shampoo bottles
- 3.Old makeup
- 4.Worn-out towels
- 5.Dull razors
- 6.Unused bath products
- 7.Expired sunscreen
- 8.Broken hair accessories
- 9.Used loofahs
- 10.Old toothbrushes

## **Living Room**

- 1.Worn-out throw pillows
- 2.Broken remote controls
- 3.Outdated DVDs
- 4.Dead houseplants
- 5.Magazines older than a month
- 6.Games with missing pieces
- 7.Broken picture frames
- 8.Dusty or unused decor
- 9.Old candles
- 10.Unused cords or chargers

## **Closet**

- 1.Clothes you haven't worn in a year
- 2.Broken belts
- 3.Outgrown children's clothes
- 4.Worn-out handbags
- 5.Broken umbrellas
- 6.Unused scarves
- 7.Old costume jewelry
- 8.Single gloves or mittens
- 9.Stretched-out sweaters
- 10.Shoes beyond repair

## **Office**

- 1.Outdated paperwork
- 2.Dried-up pens
- 3.Broken staplers
- 4.Empty printer cartridges
- 5.Tangled cords
- 6.Old business cards
- 7.Unused stationery
- 8.Broken binders
- 9.Unread books
- 10.Old planners

### **Kids' Room**

1. Broken toys
2. Games missing pieces
3. Outgrown clothes
4. Art supplies that no longer work
5. Damaged stuffed animals
6. Outdated school projects
7. Unused backpacks
8. Old coloring books
9. Broken gadgets
10. Toys they've outgrown

### **Garage**

1. Rusty tools
2. Old paint cans
3. Broken gardening equipment
4. Flat or worn-out sports balls
5. Unused outdoor furniture
6. Broken holiday decorations
7. Outgrown bikes
8. Empty boxes
9. Old car accessories
10. Worn-out camping gear

### **Miscellaneous**

1. Expired coupons
2. Old receipts
3. Duplicates of everyday items
4. Worn-out welcome mats
5. Cracked flowerpots
6. Used batteries
7. Obsolete gadgets
8. Broken sunglasses
9. Outdated calendars
10. Old chargers

### **Sentimental Items**

1. Broken keepsakes
2. Unused gifts
3. Duplicates of memorabilia
4. Outdated souvenirs
5. Greeting cards without meaning
6. Unfinished craft projects
7. Old photo frames
8. Worn-out stuffed animals
9. Old yearbooks collecting dust
10. Unloved collectibles

Decluttering can feel liberating! Focus on one category at a time and let go of items that no longer add value to your life. Remember, less clutter means more peace of mind!