



— *The* —

DECLUTTER

CHECKLISTS

Perfect for blended families!

Decluttering Supplies Checklist

Cleaning clutter from your home can lead to less stress and more productivity. You will also receive mental and physical health rewards as a result of less stress in your life. More free time is another benefit, since you are not wasting time always looking for things. Use the following checklist to get your life and environment organized and orderly.

Basic Decluttering Supplies

- Cleaning supplies
- Boxes
- Magic markers, sharpies
- Adhesive backed labels, post-it notes
- Moving labels
- Plastic bins with lids
- Clear glass jars
- Stepping stool, 3 step ladder
- Trash bags

Decluttering Rules

- Declutter at least one thing per day
- Try setting a 15 minute timer for decluttering
- Don't get overwhelmed! Every little helps
- Either trash, recycle, organize or donate items
- Use boxes for each category if it helps
- Start with the easiest items if it helps you!
- Be prepared to let go of things and guilt!
- Buy less to keep clutter at bay
- Tune into how clutter makes you feel

9 Decluttering Questions to Help You Decide Whether to Keep or Get Rid of Something

Sometimes it can be hard to know when to let go of an item. Often we may think we need to keep it, but the reasoning doesn't make sense. Use these questions to help!

- Is it broken? If so, is it worth fixing?
- Has this item been used in the last year? If not, will it be used in the near future?
- Would it be expensive or difficult to replace?
- Am I keeping it simply because it would be harder to get rid of it?
- Would I prefer this item, or the space it is taking up?
- If I were moving to another city today, would I keep it?
- Is there someone who can enjoy this item or benefit from it more than I am?
- Do I have other things that serve the same purpose?
- Does it fit your style, your space, your needs, your body, etc.?

Room by Room Decluttering Checklist

Use this checklist to help you go through each room methodically as you declutter. We've included useful items for each room that will help make staying organized easier!

Garage/Basement

- Garage shelving
- Pegboard (pegboard hooks, pegboard kit)
- Wall-mounted tool organizers

Kitchen

- Drawer organizers
- Plastic bins
- Clear glass jars
- Color-coded food storage organizers
- Magnetic knife/utensil holder
- Pull out organizers
- Wineglass rack
- Hanging cup rack
- Spice rack
- Dish cloths, scrub brushes, kitchen cleaning supplies

Laundry Room

- Plastic storage bins
- Wall mounted drying rack
- Shelving
- Laundry baskets

Bathroom

- Wall-mounted bathroom shelves
- Shower head hanging organizer
- Mounted liquid dispenser unit
- No-fog mirror
- Bath toy organizer
- Towel rack
- Over-toilet shelving

Closet

- Hangers
- Multi-clothes hangers
- Stackable shoe boxes
- Over door shoe organizer
- Over door handbag organizer
- Shelving

Office

- Drawer organizers
- Color-coded folders
- Over door/wall organizer
- File boxes
- Zip ties
- Bulletin board

Bedroom

- Wicker baskets
- Drawer organizers
- Plastic bins with lids

