

10 Steps to Declutter

– the Ultimate Checklist to a Cleaner Life

Ready to sell your home? Or just want to enjoy a cleaner, more HGTV like living environment? Follow these 10 steps to declutter inspired by Marie Kondo. Save our checklist and follow it step by step, when you are used to this mindset, your house will stay clean and you will never have to do it again.

The basic principles are:

If you haven't used it in the past year, get rid of it.

If you don't feel joy when using it, get rid of it.

If you feel unsure of whether to let go of certain items, ask yourself: if I were to shop right now, would I buy this? Am I holding on this only for the sentimental value? Is the only thing that's keeping me from getting rid of it is the guilt of wasting money? Do I have a similar item? Do I have a realistic plan to use it? Do I keep the broken items in hopes of repairing them one day? These questions will help you reason with yourself and get rid of the items that no longer serve you.

Ready? Go!

Step 1: Whole House – throw out the obvious stuff

- ☐ Garbage!
- ☐ Receipts
- ☐ Junk mail
- ☐ Old CDs
- ☐ Gifts you never use
- ☐ Old pillows
- ☐ Old electronics
- ☐ Shop reward cards, loyalty cards you never use
- ☐ Coupons
- ☐ Frayed or stained washcloths and towels
- ☐ Old phones
- ☐ Old magazines
- ☐ Notes taped to the fridge for events in the past
- ☐ Boxes
- ☐ Dead plants/flowers
- ☐ Empty jars or storage containers

Step 2: Public Area – clean out 'em drawers

- ☐ Buttons

- ☐ Flyers
- ☐ Random paper
- ☐ Broken or scratched sunglasses
- ☐ Empty tape dispensers
- ☐ Old remotes
- ☐ Extra wooden spoons
- ☐ Small kitchen gadgets you don't use like an apple cutter or garlic press
- ☐ Old batteries
- ☐ Change purses you never use
- ☐ That pair of dull or crappy scissors
- ☐ Old cell phone covers
- ☐ Chargers for old phones
- ☐ Old school books
- ☐ DVDs you don't watch
- ☐ Pens that no longer work
- ☐ Unused candles
- ☐ VHS tapes and audio cassettes

Step 3: Bedroom Drawers

- ☐ Unmatched socks
- ☐ Socks with holes
- ☐ Clothes your kid outgrew
- ☐ That pair of shorts you are never going to fit into
- ☐ Worn out bathing suits
- ☐ Under clothes that will never 'look' clean
- ☐ Worn out bras
- ☐ Sport bras that have no hold
- ☐ Ragged t-shirts
- ☐ Promo t-shirts you never wore

Step 4: Kitchen

- ☐ Duplicates - How many cake pans do you really need?
- ☐ Extra kitchen appliances (out and never used)
- ☐ Excess mugs
- ☐ Excess glasses
- ☐ Herbs/spices not used in a year
- ☐ Tea/coffee never drunk
- ☐ Old sponges
- ☐ Empty cleaning supplies
- ☐ Cleaning supplies that you don't even know what they are for.
- ☐ Tupperware without lids.
- ☐ Any container you haven't used in over 1 year

- ☐ Broken items
- ☐ Recipe books
- ☐ Takeout menus you never use
- ☐ Excessive amounts of dishes

Step 5: Closets

- ☐ Clothes that don't fit
- ☐ Clothes with stains
- ☐ Clothes that are too worn out.
- ☐ Clothes you haven't worn in a year or longer
- ☐ Ugly clothes- clothes that are out of style, or simply don't look good on you.
- ☐ Gloves, socks, etc. with no match.
- ☐ Old or worn out shoes.
- ☐ Belts you don't wear
- ☐ Old school bags
- ☐ Excess carrier bags
- ☐ "Just in case" shoes that have always been super uncomfortable

Step 6: Specialty Rooms (laundry room, toy room, home office, any room with a single purpose)

- ☐ Anything broken or missing pieces or parts
- ☐ Items that belong in another room.
- ☐ Old rags
- ☐ Half-finished craft projects
- ☐ Empty boxes
- ☐ Old paperwork
- ☐ Old computer games
- ☐ Excess kids artwork
- ☐ Toys that are no longer enjoyed

Step 7: Bedroom

- ☐ Anything broken or with missing parts
- ☐ All shelf area!! Knick knacks that are just keeping up space
- ☐ Small framed pictures? Which of these do you never look at?
- ☐ Under the bed items not being used in more than 1 year
- ☐ An old alarm clock you don't use because your phone is your alarm?
- ☐ Old bedding
- ☐ Baby items if baby is grown

Step 8: Bathroom and vanity

- ☐ Worn out hair ties
- ☐ Unmatched earrings
- ☐ Old makeup products

- ☐ Old hair products
- ☐ Old skincare products
- ☐ Expired meds
- ☐ Gloopy nail polish
- ☐ Tarnished jewelry
- ☐ Makeup bags you never use
- ☐ Product samples
- ☐ Ragged nail accessories
- ☐ Empty or almost empty products
- ☐ Duplicates, like hair accessories
- ☐ Tattered makeup brush
- ☐ Gunked up makeup sponges

Step 9: Pantry

- ☐ Food you haven't eaten and won't eat anytime soon
- ☐ Anything expired!
- ☐ Move things to the front to be used next.
- ☐ Get rid of excess packaging
- ☐ Organize food into like items so you can actually see them

Step 10: The Garage & Attic

- ☐ Mementos
- ☐ Old furniture
- ☐ Old toys
- ☐ Hazardous waste (paint, oil, antifreeze)
- ☐ Clothing
- ☐ Basically 95% of the stuff in your attic could go