

DECLUTTERING CHECKLIST

Children's Toys & Play Items

- ___ TOYS NO LONGER PLAYED WITH OR YOUR KIDS ARE INTERESTED IN
- ___ BROKEN TOYS & HAPPY MEAL TOYS
- ___ RIDE-ON TOYS YOUR KIDS HAVE GRADUATED FROM
- ___ TOYS THAT ARE MISSING PIECES OR
- ___ SET ASIDE 3-5 MEMORABILIA CLOTHES & ITEMS
- ___ STORE ONE (1) ADDITIONAL SET OF SHEETS / CRIB SHEETS/ CHANGING PAD
- ___ KEEP 3-5 BLANKETS, DONATE THE REST
- ___ REMOVE BABY AND CHILDREN'S EQUIPMENT YOU NO LONGER NEED OR USE
(BREASTPUMP, SWADDLES, BABY MONITOR, SLEEP SACKS, NEWBORN HATS
PACIFIERS, BOUNCY SEATS, SWINGS, DIAPER BAGS, DIAPER PAIL, ACTIVITY
CENTER, OUTGROWN DIAPERS, ETC.
- ___ DUPLICATES OF TOILETRIES OR OLD ITEMS YOU DON'T USE
- ___ WATCH FOR DUPLICATES (YOU ONLY NEED ONE OF THESE ITEMS)
- ___ GO THROUGH BATH TOYS
- ___ BE SURE TO SORT THROUGH OUTDOOR TOYS & SPORTS EQUIPMENT TOO
- ___ CHECK YOUR CAR FOR TOYS
- ___ BOOKS THAT ARE TORN OR RUINED
- ___ BOARD BOOKS IF YOUR CHILD HAS GRADUATED TO PAPER-PAGED BOOKS
- ___ GO THROUGH CLOTHES TO PULL OUT TOO SMALL OR WORN OUT ITEMS

DECLUTTERING CHECKLIST

Adult Clothing, Shoes & Outerwear

USING THE KON MARI METHOD: TAKE ALL YOUR CLOTHES FROM YOUR ENTIRE HOUSE AND PLACE THEM IN ONE LARGE. THIS INCLUDES EVERY DRAWER IN YOUR DRESSER, HANGING IN YOUR CLOSET, IN STORAGE AND IN YOUR COAT CLOSET TOO.

WHAT YOU'LL DO IS PICK UP EACH ITEM UP IN YOUR HANDS AND THINK ABOUT HOW THE PIECE OF CLOTHING OR PAIR OF SHOES MAKES YOU FEEL. IF IT GIVES YOU A FEELING OF JOY, KEEP THIS ITEM. IF IT DOESN'T SPARK JOY OR ANYTHING AT ALL, YOU CAN PUT THIS ITEM IN A TOSS OR DONATE PILE.

- ___ GATHER EVERY PIECE OF CLOTHING YOU OWN (TOPS, PANTS, DRESSES, SWEATERS, SHORTS, SKIRTS, SOCKS, TIES, SUITS, UNDERWEAR, SWIM, ETC.)
- ___ JACKETS & OUTERWEAR
- ___ ALL SHOES
- ___ BELTS AND ACCESSORIES
- ___ BAGS AND PURSES
- ___ MITTENS, HATS, SCARVES, GLOVES TOO!

DECLUTTERING CHECKLIST

Kitchen

- ___ DISHWARE (PLATES, BOWLS, ETC.)
- ___ CUPS, COFFEE MUGS, TUMBLERS, DRINKWARE, WATER BOTTLES
- ___ SILVERWARE, SERVING & COOKING UTENSILS
- ___ MEASURING SUPPLIES & MIXING BOWLS
- ___ SERVING WARE & PIECES USED FOR ENTERTAINING
- ___ POTS & PANTS
- ___ STORAGE CONTAINERS & STORAGE SUPPLIES (ALUMINUM FOIL, ETC.)
- ___ APPLIANCES & GADGETS (COFFEE MAKER, GRILLS, MIXER, BREADMAKER, ETC.)
- ___ SPICE RACK
- ___ COOKBOOKS & RECIPES
- ___ LINENS (NAPKINS, NAPKIN RINGS, DISHTOWELS, TABLE LINENS)
- ___ KID'S SPECIALTY SUPPLIES (CUPS, UTENSILS, LUNCH BOXES, PLATES, ETC.)
- ___ UNDERNEATH THE SINK
- ___ ABOVE THE REFRIGERATOR
- ___ UNDERNEATH THE SINK & CLEANING SUPPLIES
- ___ FOOD PANTRY
- ___ REFRIGERATOR
- ___ FREEZER & DEEP FREEZER
- ___ BASKETS

DECLUTTERING CHECKLIST

Linens

- ___ 1-2 SETS OF SHEET FOR EVERY BED IN THE HOUSE
- ___ BED PILLOWS
- ___ COMFORTERS & DUVET COVERS
- ___ MATTRESS PADS & PROTECTORS
- ___ DECORATIVE PILLOWS
- ___ RUGS
- ___ THROW BLANKETS
- ___ BATH TOWELS
- ___ BATHROOM HAND TOWELS
- ___ BATHROOM FLOOR MATS / RUGS
- ___ SWIM / POOL TOWELS

DECLUTTERING CHECKLIST

Furniture

- ___ SIDE TABLES AND NIGHTSTANDS
- ___ PLANT STANDS
- ___ EXTRA FURNITURE IN BEDROOMS
- ___ EXTRA FURNITURE IN LIVING, DINING & SPARE ROOMS
- ___ BROKEN OR CHIPPED FURNITURE
- ___ DECORATIVE BASKETS
- ___ TOY STORAGE
- ___ BOOKSHELVES
- ___ PLASTIC STORAGE
- ___ DECORATIVE FURNITURE (SIDE CHAIR, BENCH, OTTOMAN, FOOT REST, ETC.)
- ___ SIGNS & ARTWORK
- ___ PATIO / OUTDOOR FURNITURE
- ___ PORTABLE LAWN CHAIRS

DECLUTTERING CHECKLIST

Books & Magazines

USING THE KON MARI METHOD: TAKE ALL YOUR BOOKS & MAGAZINES FROM YOUR ENTIRE HOUSE AND PLACE THEM IN ONE LARGE. THIS INCLUDES EVERY DRAWER IN YOUR NIGHTSTAND, BOOKSHELVES, BATHROOM, ETC.

WHAT YOU'LL DO IS PICK UP EACH ITEM UP IN YOUR HANDS AND THINK ABOUT HOW THE BOOK MAKES YOU FEEL. IF IT GIVES YOU A FEELING OF JOY, KEEP THIS ITEM. IF IT DOESN'T SPARK JOY OR ANYTHING AT ALL, YOU CAN PUT THIS ITEM IN A DONATE PILE.

- ___ BOOKS
- ___ DICTIONARY
- ___ MAGAZINES
- ___ PAPERS - TURN THESE INTO DIGITAL FILES!
- ___ JOURNALS YOU NEVER USE
- ___ NOTEBOOKS / NOTEPADS / BINDERS

DECLUTTERING CHECKLIST

Extras

THESE ARE BIG AREAS IN YOUR HOME WHERE IT'S EASY TO ACCUMULATE STUFF. TACKLE THESE ONE AT A TIME BUT PLAN FOR PLENTY OF TIME TO GO THROUGH THEM PROPERLY - YOU'LL BE SURPRISED BY THE AMOUNT OF STUFF YOU HAVE IN EACH OF THESE SPOTS!

- ___ JUNK DRAWER
- ___ VITAMINS AND MEDICINES
- ___ EVERY CLOSET - COAT STORAGE ESPECIALLY HOLDS KNICK KNACKS!
- ___ DVDS, VHS, CDS
- ___ MUSIC
- ___ CRAFT STORAGE, ART SUPPLIES
- ___ BATHROOM DRAWERS & MAKE-UP, LOTIONS, HAIR/BODY PRODUCTS
- ___ LAUNDRY ROOM
- ___ DECORATIVE ITEMS, ARTWORK, CANDLES & KITCHY PIECES
- ___ FILING CABINETS & PAPERWORK (TURN ALL OF THESE ITEM INTO DIGITAL)
- ___ CLEANING SUPPLIES
- ___ YOUR CAR
- ___ STORAGE ROOM / STORAGE UNIT
- ___ BACKYARD SHED / STORAGE PIECES
- ___ TOOLS & GARAGE

42 Days to Living with Less....

DECLUTTERING CHECKLIST

COAT CLOSET	PURSES & BAGS	DRESSERS	TOYS	CLOSET	OUTDOOR TOYS	KITCHEN CABINETS
COATS & WINTER GEAR	GAMES & PUZZLES	KITCHEN APPLIANCES	ART SUPPLIES	LINEN CLOSET	BATH DRAWERS	BOOKS & MAGAZINES
SPICE RACK	JEWELRY & ACCESSORIES	DIAPER BAG	BED SIDE TABLES	JUNK DRAWER	TV CENTER	PAPER FILES INTO DIGITAL FILES
TOOLS & MATERIALS	MOVIES, CDS, DVDS	CRAFT SUPPLIES	MAKEUP, HAIR & BODY PRODUCTS	CLEANING SUPPLIES	COOKBOOKS & RECIPES	CLEAN FRIDGE & FREEZER
PILLOWS	TUPPERWARE & WATER BOTTLES	OUTDOOR FURNITURE	SHOES	CAR	VITAMINS & MEDICINE	GARAGE & OUTDOOR EQUIPMENT
DECORATIVE ITEMS	WALLETS	PET SUPPLIES & TOYS	STORAGE CLOSET	SPORTS EQUIPMENT	PANTRY	PICTURES & MEMORABILIA

THE MORE

Things You Own,

THE MORE

They Own You.