Declutter Quest

Started on _____

Decluttering Checklist

Room by room, one shelf at a time. Skip anything that doesn't fit your home.

How to use it

1. Pick one room. Or just one shelf.
2. Set a timer for 10 to 15 minutes.
3. Easy wins first: rubbish, expired, broken.
4. For each item: keep, donate, sell or bin.
5. Bag it up and take it out today.

Can't decide? Put it in a maybe box, write a date on it, and decide on that day.

Kitchen

- [ ] Expired spices and sauces
- [ ] Forgotten tins and packets
- [ ] Tubs without lids, lids without tubs
- [ ] The bag of plastic bags
- [ ] Chipped mugs and plates
- [ ] Too many mugs
- [ ] Duplicate utensils
- [ ] Gadgets unused for a year
- [ ] Takeaway sachets and forks
- [ ] Worn tea towels and sponges
- [ ] Old notes on the fridge
- [ ] The junk drawer

Bedroom and wardrobe

- [ ] Clothes that don't fit right now
- [ ] Odd socks and laddered tights
- [ ] Worn-out underwear
- [ ] Shoes that hurt
- [ ] Bags you never carry
- [ ] Spare hangers
- [ ] Bedding for an old bed
- [ ] Perfume you don't wear
- [ ] Jewellery you never put on
- [ ] Bedside table drawer
- [ ] Under the bed
- [ ] The chair with clothes on it

Bathroom

- [ ] Out-of-date medicines
- [ ] Hotel minis and free samples
- [ ] Products you didn't like
- [ ] Old make-up and nail polish
- [ ] Old toothbrushes, razors
- [ ] Hair ties and clips
- [ ] Thin, worn-out towels
- [ ] Expired sunscreen
- [ ] Empty bottles and boxes
- [ ] Hair tools you never use

Living room

- [ ] Magazines and newspapers
- [ ] Books you won't read again
- [ ] DVDs, CDs and old games
- [ ] Remotes for long-gone TVs
- [ ] Candle stubs
- [ ] Extra cushions and throws
- [ ] Dust-collecting ornaments
- [ ] Games with missing pieces
- [ ] Dead or dusty plants
- [ ] The pile on the coffee table

Kids' things

- [ ] Outgrown clothes and shoes
- [ ] Broken toys
- [ ] Puzzles with missing pieces
- [ ] Party bag and fast-food toys
- [ ] Dried-up pens and felt tips
- [ ] Finished colouring books
- [ ] Baby gear you no longer need
- [ ] Artwork: keep a few, photograph the rest
- [ ] Books they've outgrown
- [ ] Soft toys: they pick the favourites

Hallway and entrance

- [ ] Shoes nobody wears
- [ ] Coats nobody wears
- [ ] Broken umbrellas
- [ ] Keys that open nothing
- [ ] Too many tote bags
- [ ] Single gloves
- [ ] Post and flyers on the side
- [ ] Things to return or give back
- [ ] Empty the coat pockets

Paperwork

- [ ] Junk mail and flyers
- [ ] Old receipts
- [ ] Manuals (most are online)
- [ ] Old warranties
- [ ] Bank and tax papers: check what to keep
- [ ] Expired vouchers
- [ ] Unused loyalty cards
- [ ] Old greeting cards
- [ ] Business cards
- [ ] Used-up notebooks

Loft, basement, garage

- [ ] Boxes never unpacked
- [ ] Empty boxes kept just in case
- [ ] Dried-up paint tins
- [ ] Broken furniture to fix one day
- [ ] Duplicate tools
- [ ] Sports gear nobody uses
- [ ] Fairy lights that don't light
- [ ] Other people's stuff
- [ ] Cracked pots on the balcony
- [ ] Bikes nobody rides
- [ ] Suitcases with broken wheels

Digital

- [ ] Old phones and chargers
- [ ] Screenshots and duplicates
- [ ] Apps you never open
- [ ] Newsletters: unsubscribe
- [ ] Downloads folder
- [ ] Files on the desktop
- [ ] Forgotten subscriptions
- [ ] Muted group chats
- [ ] Open tabs and bookmarks
- [ ] Accounts you no longer use

Where it went

Donated _____

Sold _____

Recycled _____

Thrown away _____

Total _____

Maybe box

Decide on _____

Next up

_____

_____

_____

My 30 days

Tick a day when anything leaves your home, even one thing.

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30