



Your decluttering checklist

If you want to enjoy your favorite things, only own your favorite things. If you feel stuck, stop thinking about what you are getting rid of and instead consider what you are making space for. Make space for laughing, resting and connecting. Make space to show up for your life. Make space for what matters to you.

Extras

You always use your favorites, but still have extras for a variety of reasons - you bought it in a sale; you're holding on "just in case" or it was gift. Or maybe you just thought you were "supposed" to have it. Determine how much is enough for you, maybe it's one or none or less or more....

- coffee cups
- measuring cups & spoons
- wooden spoons
- wire whisks
- the same top in different colors (even though you always wear the black one)
- handbags
- sunglasses
- pens



Your decluttering checklist

Stuff you never use

If you are holding on thinking, "it's not hurting anything" re-frame and ask yourself how it's helping and contributing to your life. If it's not, you don't have room for it.

- random spices and sauces
- uncomfortable shoes
- old makeup and other beauty /toiletry supplies
- clothes that don't fit your body or your lifestyle
- empty frames and other containers
- exercise equipment
- outdated hobby stuff
- books you've already read or never plan on reading
- junk drawer things
- knick-knacks
- freebies (when you bought things you didn't need to get
- things you didn't want)
- gifts (yes, if you don't want them, you are welcome to let them go)



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Digital things

You don't have to save it all. Just because you can, doesn't mean you should.

- podcasts you don't listen to
- music you don't enjoy
- documents you saved and never access
- emails you don't need
- subscriptions you aren't using
- people on social media you don't want to follow anymore
- apps that drain your time and energy
- social media platforms you don't enjoy or care about



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Photos and paper

With paper and photos, it's not about getting organised.
It's about saving less.

- photos that are duplicates or similar to others from the same event
- blurry photos
- photos of things you don't remember or don't want to remember
- bills and statements you can get online.
- old newspapers and magazines.
- children's artwork and homework (save some but not all)



Your decluttering checklist

Heart + soul + mind

This is the clutter you can't see. It's the hard stuff, the stuff that's holding you back. And it's yours to let go of when you are ready.

- believing everything you think
- other people's opinions
- alcohol
- apologising for things you don't need to be sorry for
- being normal
- perfection
- comparison
- old goals and expectations
- diet culture
- guilt
- the past
- anything that keeps you up at night (except your kids, pets, partners)