



## Kitchen & Pantry

- |                          |  |                          |                               |
|--------------------------|--|--------------------------|-------------------------------|
| <input type="checkbox"/> | HOT PADS, TRIVETS AND POT HOLDERS        | <input type="checkbox"/> | WRAPS & FOILS                 |
| <input type="checkbox"/> | PAPER PLATES, PAPER TOWELS & PAPER GOODS | <input type="checkbox"/> | ZIPLOCK BAGS                  |
| <input type="checkbox"/> | PARTY SUPPLIES                           | <input type="checkbox"/> | LUNCH BAGS                    |
| <input type="checkbox"/> | BAKING PANS                              | <input type="checkbox"/> | CHIPS, CRACKERS, AND CEREALS  |
| <input type="checkbox"/> | SPRINKLES, CUPCAKE LINERS & OTHER MISC   | <input type="checkbox"/> | CANNED FOOD                   |
| <input type="checkbox"/> | OUT OF DATE FOOD IN PANTRY               | <input type="checkbox"/> | BAKING MIXES                  |
| <input type="checkbox"/> | CUTTING BOARDS                           | <input type="checkbox"/> | REFRIGERATOR                  |
| <input type="checkbox"/> | KITCHEN TOWELS                           | <input type="checkbox"/> | FREEZER                       |
| <input type="checkbox"/> | BROKEN, CHIPPED GLASSES                  | <input type="checkbox"/> | DISHES AND BOWLS              |
| <input type="checkbox"/> | POTS & PANS                              | <input type="checkbox"/> | STEMWARE                      |
| <input type="checkbox"/> | COOKIE CUTTERS                           | <input type="checkbox"/> | PLASTIC WATER BOTTLES         |
| <input type="checkbox"/> | KITCHEN KNICK-NACKS AND GADGETS          | <input type="checkbox"/> | PITCHERS AND DRINK DISPENSERS |
| <input type="checkbox"/> | UNUSED SMALL APPLIANCES                  | <input type="checkbox"/> | JUNK DRAWER                   |
| <input type="checkbox"/> | CASSEROLE DISHES                         | <input type="checkbox"/> | COOLERS AND ICE CHESTS        |
| <input type="checkbox"/> | CLEANERS AND SPONGES                     | <input type="checkbox"/> |                               |
| <input type="checkbox"/> | LOOSE RECIPES                            | <input type="checkbox"/> |                               |
| <input type="checkbox"/> | COOKBOOKS                                | <input type="checkbox"/> |                               |
| <input type="checkbox"/> | UTENSILS AND CUTLERY                     | <input type="checkbox"/> |                               |
| <input type="checkbox"/> | FOOD STORAGE CONTAINERS                  | <input type="checkbox"/> |                               |
| <input type="checkbox"/> | MUGS AND THERMOS                         | <input type="checkbox"/> |                               |
| <input type="checkbox"/> | SIPPY CUPS AND KIDSWARE                  | <input type="checkbox"/> |                               |
| <input type="checkbox"/> | SPICES                                   | <input type="checkbox"/> |                               |
| <input type="checkbox"/> | CONDIMENTS                               | <input type="checkbox"/> |                               |
| <input type="checkbox"/> | SERVING DISHES                           | <input type="checkbox"/> |                               |
| <input type="checkbox"/> | SERVING UTENSILS                         | <input type="checkbox"/> |                               |

## Steps to Declutter

- DO I REALLY LOVE IT?
- IF I SAW IT IN A STORE NOW, WOULD I BUY IT AGAIN?
- DO I HAVE SOMETHING ELSE THAT DOES THE SAME THING?
- IS IT BROKEN OR EXCESSIVELY WORN?
- IS IT INCOMPLETE?
- AM I KEEPING IT OUT OF GUILT?
- HAVE I USED IT IN THE LAST YEAR?
- DO I REALLY WANT TO HANDLE THIS ITEM AGAIN?
- IS KEEPING IT WORTH THE SPACE IT TAKES UP?
- IS IT EXPIRED OR OUT OF DATE?



## Bathroom

<input type="checkbox"/>	COSMETICS	<input type="checkbox"/>
<input type="checkbox"/>	SOAPS, LOTIONS AND SUNSCREENS	<input type="checkbox"/>
<input type="checkbox"/>	NAIL POLISH & OTHER NAIL CARE	<input type="checkbox"/>
<input type="checkbox"/>	HAIR PRODUCTS	<input type="checkbox"/>
<input type="checkbox"/>	TOWELS & BATH SPONGES	<input type="checkbox"/>
<input type="checkbox"/>	LINENS	<input type="checkbox"/>
<input type="checkbox"/>	PRESCRIPTIONS AND MEDICINE	<input type="checkbox"/>
<input type="checkbox"/>	HAIR TIES, HAIR CLIPS, PINS AND HAIRBANDS	<input type="checkbox"/>
<input type="checkbox"/>	STYLING WANDS, CURLERS AND STYLING IRONS	<input type="checkbox"/>
<input type="checkbox"/>	RAZORS	<input type="checkbox"/>
<input type="checkbox"/>	CLEANERS	<input type="checkbox"/>
<input type="checkbox"/>	MAKEUP BRUSHES AND SPONGES	<input type="checkbox"/>
<input type="checkbox"/>	TRAVEL SIZE PRODUCTS	<input type="checkbox"/>
<input type="checkbox"/>	VITAMINS AND SUPPLEMENTS	<input type="checkbox"/>
<input type="checkbox"/>	FIRST AID KIT	<input type="checkbox"/>
<input type="checkbox"/>	AIR FRESHENERS	<input type="checkbox"/>
<input type="checkbox"/>	BATH TOYS	<input type="checkbox"/>
<input type="checkbox"/>	BRUSHES AND COMBS	<input type="checkbox"/>
<input type="checkbox"/>	MAKEUP & TRAVEL BAGS	<input type="checkbox"/>
<input type="checkbox"/>	SKINCARE PRODUCTS	<input type="checkbox"/>
<input type="checkbox"/>	FEMININE PRODUCTS	<input type="checkbox"/>
<input type="checkbox"/>	MAGAZINES / READING MATERIAL	<input type="checkbox"/>
<input type="checkbox"/>		<input type="checkbox"/>
<input type="checkbox"/>		<input type="checkbox"/>
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## *Office*

<table style="width: 100%; border-collapse: collapse;"> <tr><td><input type="checkbox"/></td><td>BOOKS</td></tr> <tr><td><input type="checkbox"/></td><td>DECORATIVE ITEMS</td></tr> <tr><td><input type="checkbox"/></td><td>PICTURE FRAMES</td></tr> <tr><td><input type="checkbox"/></td><td>RECEIPTS (OLDER THAN 7 YRS)</td></tr> <tr><td><input type="checkbox"/></td><td>TAX RETURNS</td></tr> <tr><td><input type="checkbox"/></td><td>OLD BILLS</td></tr> <tr><td><input type="checkbox"/></td><td>BROKEN CALCULATORS</td></tr> <tr><td><input type="checkbox"/></td><td>WRITING INSTRUMENTS THAT DON'T WORK</td></tr> <tr><td><input type="checkbox"/></td><td>NOTEPADS</td></tr> <tr><td><input type="checkbox"/></td><td>GREETING CARDS, POST CARDS, LETTERS</td></tr> <tr><td><input type="checkbox"/></td><td>ADDRESS LABELS</td></tr> <tr><td><input type="checkbox"/></td><td>FILE FOLDERS</td></tr> <tr><td><input type="checkbox"/></td><td>ENVELOPES</td></tr> <tr><td><input type="checkbox"/></td><td>OTHER PAPERWORK OLDER THAN 7 YRS</td></tr> <tr><td><input type="checkbox"/></td><td>PAPERWEIGHTS</td></tr> <tr><td><input type="checkbox"/></td><td>PAPERCLIPS, BINDER CLIPS &amp; 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 IS IT INCOMPLETE?  
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 HAVE I USED IT IN THE LAST YEAR?  
 DO I REALLY WANT TO HANDLE THIS ITEM AGAIN?  
 IS KEEPING IT WORTH THE SPACE IT TAKES UP?

IS THE PAPERWORK OLDER THAN 7 YEARS?  
 CAN I SAVE THIS PAPERWORK ELECTRONICALLY?



## Around the House

- NOTEPADS
- PHOTOGRAPHS
- PENS AND WRITING INSTRUMENTS
- MAIL
- PHOTO FRAMES
- BOARD GAMES AND PUZZLES
- BOOKS
- CANDLES AND CANDLE HOLDERS
- REWARD CARDS
- SPARE CHANGE
- FLYERS, CATALOGS, BROCHURES, ADS
- CDS, DVDS, OTHER MEDIA
- CHARGERS
- EXTENSION CORDS AND POWER STRIPS
- OLD CORDS AND PLUGS
- BATTERIES
- OLD CELLPHONES AND ACCESSORIES
- VIDEO GAMES
- OLD VIDEO GAME CONSOLES
- CRAFT SUPPLIES
- GIFT WRAP SUPPLIES
- CRAFT SUPPLIES
- SEWING SUPPLIES
- PET SUPPLIES
- PET TOYS

- SHOPPING BAGS
- ARTIFICIAL PLANTS
- REMOTE CONTROLS
- EYE GLASSES SUNGLASSES
- KEYS
- SMALL APPLIANCES
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- CAN I REDUCE THE AMOUNT I HAVE BY ONLY KEEPING SOME?



# Garage / Attic / Basement

- HAND TOOLS
- POWER TOOLS
- OLD DRAPERY HARDWARE
- TATTERED SEASONAL DECORATIONS
- MISC ALLEN WRENCHES
- OLD SPRAY PAINT CANS
- CANS OF PAINT
- OLD ROLLERS AND BRUSHES
- AUTOMOTIVE PARTS
- OILS & LUBRICANTS
- SHOP RAGS
- CARDBOARD BOXES
- TARPS & MOVING BLANKETS
- NUTS ,BOLTS, AND SCREWS
- BATTERIES
- EXTENSION CORDS AND POWER STRIPS
- LIGHT BULBS
- EXERCISE EQUIPMENT
- TOYS KIDS HAVE OUTGROWN
- SPORTING GOODS
- MATCHES, TORCHES AND LIGHTERS
- HOSES AND SPRINKLERS
- GARDEN TOOLS
- PEST & WEED SUPPLIES
- OUTDOOR TOYS AND BIKES

- LUGGAGE
- HOBBY EQUIPMENT
- LUMBER OR BUILDING SUPPLIES
- LAWN CHAIRS
- CAMPING EQUIPMENT
- COOLERS AND ICE CHESTS
- GRILLING ACCESSORIES
- FISHING EQUIPMENT
- POOL EQUIPMENT
- CLEANING SUPPLIES
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## Bedroom & Closet

<input type="checkbox"/>	EARRINGS	<input type="checkbox"/>	TOYS
<input type="checkbox"/>	NECKLACES	<input type="checkbox"/>	SHORTS
<input type="checkbox"/>	RINGS	<input type="checkbox"/>	BOOKS
<input type="checkbox"/>	KEEPSAKES	<input type="checkbox"/>	DECORATIVE ITEMS
<input type="checkbox"/>	SCARVES , GLOVES AND HATS	<input type="checkbox"/>	THROW PILLOWS
<input type="checkbox"/>	SHOES	<input type="checkbox"/>	THROW BLANKETS
<input type="checkbox"/>	ATHLETIC WEAR	<input type="checkbox"/>	HANGERS
<input type="checkbox"/>	PAJAMAS, LINGERE AND UNDERGARMENTS	<input type="checkbox"/>	OLD SHOE BOXES AND CONTAINERS
<input type="checkbox"/>	SOCKS AND HOSIERY	<input type="checkbox"/>	
<input type="checkbox"/>	PURSES, WALLETS AND TOTES	<input type="checkbox"/>	
<input type="checkbox"/>	SWEATERS	<input type="checkbox"/>	
<input type="checkbox"/>	COATS	<input type="checkbox"/>	
<input type="checkbox"/>	TANK TOPS AND CAMISOLES	<input type="checkbox"/>	
<input type="checkbox"/>	SUITS, AND JACKETS	<input type="checkbox"/>	
<input type="checkbox"/>	PANTS	<input type="checkbox"/>	
<input type="checkbox"/>	SKIRTS	<input type="checkbox"/>	
<input type="checkbox"/>	DRESSES	<input type="checkbox"/>	
<input type="checkbox"/>	SWIMWEAR	<input type="checkbox"/>	
<input type="checkbox"/>	UNIFORMS	<input type="checkbox"/>	
<input type="checkbox"/>	NIGHT STANDS	<input type="checkbox"/>	
<input type="checkbox"/>	SHIRTS	<input type="checkbox"/>	
<input type="checkbox"/>	BELTS & OTHER ACCESSORIES	<input type="checkbox"/>	
<input type="checkbox"/>	BLANKETS	<input type="checkbox"/>	
<input type="checkbox"/>	PILLOWS	<input type="checkbox"/>	
<input type="checkbox"/>	BED LINENS	<input type="checkbox"/>	

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- IS KEEPING IT WORTH THE SPACE IT TAKES UP?
- DOES IT FIT?
- IF MY WEIGHT CHANGED WOULD I STILL WANT TO WEAR IT OR WOULD I WANT SOMETHING NEW?
- IS IT A CLASSIC PIECE THAT WILL ALWAYS BE IN STYLE?



## Playroom

<input type="checkbox"/>	ART AND CRAFT SUPPLIES	<input type="checkbox"/>
<input type="checkbox"/>	PLAYDOH & CLAY MODELING	<input type="checkbox"/>
<input type="checkbox"/>	DOLLS AND ACCESSORIES	<input type="checkbox"/>
<input type="checkbox"/>	ACTION FIGURES	<input type="checkbox"/>
<input type="checkbox"/>	STUFFED ANIMALS	<input type="checkbox"/>
<input type="checkbox"/>	BLOCKS AND BUILDING SETS	<input type="checkbox"/>
<input type="checkbox"/>	STUFFED ANIMALS	<input type="checkbox"/>
<input type="checkbox"/>	TOY CARS, PLANES AND TRAINS	<input type="checkbox"/>
<input type="checkbox"/>	PUZZLES	<input type="checkbox"/>
<input type="checkbox"/>	BALLS	<input type="checkbox"/>
<input type="checkbox"/>	SPORTS EQUIPMENT	<input type="checkbox"/>
<input type="checkbox"/>	LETTER SETS	<input type="checkbox"/>
<input type="checkbox"/>	BOOKS	<input type="checkbox"/>
<input type="checkbox"/>	MUSICAL INSTRUMENTS	<input type="checkbox"/>
<input type="checkbox"/>	MUSIC / MOVIES	<input type="checkbox"/>
<input type="checkbox"/>	BOARD GAMES	<input type="checkbox"/>
<input type="checkbox"/>	SENSORY ACTIVITIES	<input type="checkbox"/>
<input type="checkbox"/>	IMAGINATIVE PLAY CENTERS	<input type="checkbox"/>
<input type="checkbox"/>	PLAY KITCHEN ACCESSORIES	<input type="checkbox"/>
<input type="checkbox"/>	FLSH CARDS & LEARNING MATERIALS	<input type="checkbox"/>
<input type="checkbox"/>	DOLLS AND ACCESSORIES	<input type="checkbox"/>
<input type="checkbox"/>		<input type="checkbox"/>
<input type="checkbox"/>		<input type="checkbox"/>
<input type="checkbox"/>		<input type="checkbox"/>
<input type="checkbox"/>		<input type="checkbox"/>

## Steps to Declutter

- DO MY KIDS REALLY LOVE IT?
- IF THEY SAW IT IN A STORE NOW, WOULD I BUY IT AGAIN?
- DO THEY HAVE SOMETHING ELSE THAT DOES THE SAME THING?
- IS IT BROKEN OR EXCESSIVELY WORN?
- IS IT INCOMPLETE?
- ARE WE KEEPING IT OUT OF GUILT?
- HAVE THEY USED IT IN THE LAST YEAR?
- DO I REALLY WANT TO HANDLE THIS ITEM AGAIN?
- IS KEEPING IT WORTH THE SPACE IT TAKES UP?
- DOES IT GROW WITH THEM INTO THE NEXT AGE?

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