



# 30 DAYS OF DECLUTTERING

Have I used this in the past year? • If I was shopping right now, would I buy this? • Am I holding on to this item for sentimental value? • Does it fit me or my living space? • Is this something I use regularly? • Do I have multiples of the same thing? • Could I use this space for something else?

Deep clean your fridge. Check expiration dates and throw things away.

Back-up all of the pictures that live on your phone and then delete them from your phone.

Get rid of candles with little to no wax left. Burn them or toss them. They're collecting dust.

Take inventory of your pantry. Make a list of things you need and try to get rid of things you don't use.

Dump your purse out and only fill it with the essentials: wallet, keys, lip balm, tissues, gum, etc.

Seasonal clothing articles that you have not worn in the last month or two can be donated.

Go through your cabinets and get rid of random coffee mugs. Keep a few that you will use, bring the rest to the Goodwill.

Go through your inbox and unsubscribe to five email blasts.

If you still have VHS tapes, but no VHS player, it is time to donate those tapes. Have important ones burned digitally.

Clean off your computer desktop and change the background. Organize items into folders, and back them up.

Go through your phone and delete any unused apps that take up space. Organize other apps into folders.

Dead batteries are dead. They will not work elsewhere. Toss them and stock up on ones that work!

There is no need for mismatching tupperware or tupperware that is missing the lid. Toss them out!

Technology ages very quickly. Keep what works and toss items that are broken or unused.

Clean out your medicine cabinet. Toss any duplicates and expired items. Only keep the essentials.

Carefully go through your library of books and sell or donate ones that you have already read.

If you have a plethora of odd pens, collect them all and bring to a local restaurant. Servers always need pens.

Collect all appliance manuals and important house info. Compile them all into one binder. Keep in the kitchen.

Old magazines should be recycled or brought to an art teacher. You are never going to read them.

Purge your closet of mismatching hangers. Purchase all new, matching ones for an organized and cohesive look.

Earrings, shoes and socks who have sadly lost their partner no longer need to live in your home. Toss them.

Hair, body or beauty products that don't fit into your daily regimen anymore can be thrown out.

Flower vases... keep your favorite three and donate the other eight. These are huge and take up valuable space!

Any mismatching or excess furniture should be sold. Open up your space and let the room breathe.

Greeting cards that do not hold any sentimental value do not need to be taking up space in your home.

Keep one mason jar at home for excess change. When it fills up, take it to the bank and save it.

High end handbags that you have but never use are taking up space. Sell them online or in a designer resale store.

Excess alcohol that you will not drink can be thrown out. Stick to the beverages that you favor most.

Browse through your "friends" list on social media and unfollow those you no longer have contact with.

Decorative pillows that no longer match your style should be donated or replaced. Try buying a different cover!