

Clear your mind, clear your clutter and clear a path to the life you always intended!

If you're like me, I've downloaded many declutter lists. Why? Because they work! Having a checklist is the best way to get this kind of task done. The reason is we can work and work and work but still at the end of the day we will always see things that have not yet been done. Not only does a check list tell you what to do, it also shows you what you've done! This is critical if we want to maintain momentum and fight the urge to quit early because the finish lines seems so far away.

By using a list and actually checking the boxes when a task is complete YOU CAN SEE YOUR PROGRESS.

Clutter is not just physical stuff. It's old ideas, toxic relationships, and bad habits. Clutter is anything that does not support your better self.

Eleanor Brown

Clutter can be "just clutter" or it can give us some insights into how we tick. Below the list are a few thoughts you can ponder as you physically release the clutter in your life.

1. Why do you have this? Did you think you were going to use it? Was it a gift that you never really liked? Did you once love it and now not so much? Do you use it but only once or twice a year (if so, store it someone that is not prime storage real estate)?

2. How many of these things do I have? How many do I really need? How much is enough?
3. What feelings come up when you think about removing “this thing” from my life? Identify those feelings? How would you like to feel?
4. How will your life be or feel different when this thing is gone?

Declutter Check List

- Cups and mugs that you don't use. Be honest, how many do you really need?
- Plastic cutlery—if you're going to save them, at least put it all together in one place.)
- Plastic containers with no lids
- Anything where you have multiples: tools, kitchen gadgets
- Expired things—food, makeup, medicine
- Travel size shampoos, etc.—put them all together and take to the homeless shelter
- Cake pans and specialty kitchen items you bought to use once.
- Unused perfume—It goes bad, you know.
- Clothes that are 2 sizes too big or too small
- Clothes you never wear *Bonus tip below
- Dried up nail polish
- Crappy towels—you deserve better
- Sheets that you never use or are worn out
- Socks without mates or those with holes

- Underwear with stretched elastic. Really?
- Empty jars, egg cartons, or anything you save planning to use "someday"
- Christmas decorations that never make it out of the storage boxes
- Books you've already read and will likely never read again. (How many times do you reread a novel, I ask you.)
- Anything broken—hairdryers, kitchen appliance, broken pottery, external hard drives—you get the picture
- Gross hairbrushes and combs that have seen better days
- Paper: anything you can find online (take out menus, recipes, utility bills.
- Old Candles
- Old magazines. Do you really go back and look at past issues?
- Cords that belonged to equipment you no longer use. Sheesh! Why do we save these?
- Old technology (blackberries, CD and DVDs VHS tapes—again, Really?)
- Movies you will NEVER watch again.
- Toys that never get played with anymore
- Old phone covers
- Old wallets. You will not use it again.
- Old purses you know you will never carry again
- Shoes!!!! I know you love looking at them, but will you wear them?
- Scarfs! Get real here.
- Stuffed animals that need some love from someone else.
- Duplicates of things * Bonus tip below

- Half finished projects (Yes, I've tossed half knitted things because I could no longer find the pattern)
- Supplies for project you never started and likely never will
- Quilts and linens that never get used
- Camping equipment, if you don't camp.
- Old calendars
- Old greeting, Christmas or birthday cards
- Expired coupons
- Bills and receipts you can find online (request email statements if you can.
- Old cans of paint (take pictures of formulas so you can remake them if you still use that color
- Pens, pencils, highlighters, magic markers
- Old Notebooks
- Buttons
- Things you've bought but never returned
- Kitchen appliance you don't use. (Fondue pot? Pizza oven?)
- Cookbooks that you never crack open
- Decorative items you hate
- Stained clothes
- Rusted tools
- Old rugs Use in your garage or toss them
- Old pillows
- Art work that is not on the wall or you will never imagine hanging

- Empty picture frames.
- Boxes that products came in
- Free samples of anything
- Old party supplies (napkins for the class of 2001?)
- Old wrapping paper, ribbon and gift bags.