

ROOM-BY-ROOM CHECKLIST

for lightening your material load

LIVING ROOM

- ☐ Unwatched DVDs
- ☐ Excessive knick knacks
- ☐ Books you won't read again
- ☐ Junk mail
- ☐ Newspapers
- ☐ Old magazines
- ☐ Used up candles
- ☐ Dried up fragrance diffusers
- ☐ Dead or ugly houseplants
- ☐ Games you don't play
- ☐ Wall art you don't like
- ☐ Toys your pets don't like
- ☐ Overgrown collections

KITCHEN

- ☐ One-use kitchen gadgets
- ☐ Mismatched containers
- ☐ To-go containers
- ☐ Chipped dishes
- ☐ Extra cups
- ☐ Extra hand towels
- ☐ Specialty dishes you don't use
- ☐ Condiment packets
- ☐ Plastic cutlery
- ☐ Extra plastic shopping bags
- ☐ Old spices
- ☐ Expired anything
- ☐ Food you don't want to eat
- ☐ Extra reusable shopping bags
- ☐ Extra refrigerator magnets
- ☐ Takeout menus
- ☐ Unused cookbooks
- ☐ Duplicates of tools
- ☐ Poor cleaning products
- ☐ Old jars and vases

BEDROOM

- ☐ Orphaned socks
- ☐ Ill-fitting clothing
- ☐ Uncomfortable bras
- ☐ Least favorite pair of shoes
- ☐ Clothing not worn in a year
- ☐ Clothing not mended yet
- ☐ Excess coat hangers
- ☐ Damaged clothing
- ☐ Promotional clothing
- ☐ Scratched eyewear
- ☐ Worn out shoes
- ☐ Unnecessary duplicates
- ☐ Yellowed t-shirts
- ☐ Excessive accessories
- ☐ Orphaned earrings
- ☐ Broken jewelry
- ☐ Stuffed animals

OFFICE

- ☐ Abandoned hobbies
- ☐ Uncompleted projects
- ☐ Scraps of fabric, ribbon
- ☐ Scraps of wrapping paper
- ☐ Extra bubble wrap
- ☐ Used tissue paper
- ☐ Dried up pens
- ☐ Promotional products
- ☐ Cords that you don't use
- ☐ Old electronics
- ☐ Greeting cards
- ☐ Business cards
- ☐ Old bills and receipts
- ☐ Rubber bands
- ☐ Expired coupons
- ☐ Paper weights
- ☐ Extra headphones
- ☐ Bookmarks
- ☐ Calculators

CLOSETS

- ☐ Excess linens/blankets
- ☐ Cardboard
- ☐ Old product boxes
- ☐ Broken storage tubs
- ☐ Product manuals
- ☐ Extra bolts and screws
- ☐ Seasonal decor not used in past two years
- ☐ Broken seasonal decor
- ☐ Overly-specific seasonal decor
- ☐ Mystery keys
- ☐ Expired batteries
- ☐ Textbooks
- ☐ Unplayed instruments
- ☐ Extra picture frames
- ☐ Doubles of photos
- ☐ Gag gifts

BATHROOM

- ☐ Expired makeup
- ☐ Almost empty bottles
- ☐ Testers and samples
- ☐ Lipstick you hate
- ☐ Slivers of soap
- ☐ Old towels
- ☐ Dried up nail polish
- ☐ Bad smelling perfumes
- ☐ Lotions/soaps you dislike

GARAGE

- ☐ Broken power tools
- ☐ Rusty hand tools
- ☐ Duplicate tools
- ☐ Unused sports equipment
- ☐ Empty paint cans
- ☐ Old or unused chemicals