

100 Things You Can Declutter Today!

Give your home (and your brain) a little breathing room

- ☐ Old magazines
- ☐ Takeaway menus
- ☐ Expired coupons
- ☐ Dead batteries
- ☐ Broken pens
- ☐ Old receipts
- ☐ Manuals for gadgets you don't have
- ☐ Random cables you can't identify
- ☐ Empty boxes
- ☐ Used up candles
- ☐ Outdated calendars
- ☐ Old birthday cards
- ☐ Random keys you don't recognise
- ☐ Broken electronics
- ☐ Empty jars and containers
- ☐ Dried-up glue or paint
- ☐ Old phone cases
- ☐ Out-of-date flyers
- ☐ Random spare buttons
- ☐ Duplicates of things you only need one of
- ☐ Clothes you haven't worn in a year
- ☐ Socks with holes
- ☐ Odd socks
- ☐ Shoes that hurt your feet
- ☐ Worn-out underwear
- ☐ Broken jewellery
- ☐ Scarves you don't like
- ☐ Old handbags you never use
- ☐ Hats you forgot you owned
- ☐ Belts that don't fit
- ☐ Clothes with stains you can't shift
- ☐ Clothes that don't make you feel good
- ☐ Freebie T-shirts
- ☐ Sunglasses you don't like
- ☐ Gloves with missing partners
- ☐ Outgrown kids' clothes
- ☐ Old swimwear
- ☐ Unworn fancy dress costumes
- ☐ Clothing tags
- ☐ Broken hangers
- ☐ Expired medication
- ☐ Empty shampoo bottles
- ☐ Old makeup
- ☐ Out-of-date skincare
- ☐ Unused hair products
- ☐ Dried-up nail polish
- ☐ Old razors
- ☐ Expired sunscreen
- ☐ Dried-out face masks
- ☐ Hotel mini toiletries you never use
- ☐ Expired food
- ☐ Mugs you never use
- ☐ Chipped plates
- ☐ Duplicate utensils
- ☐ Old takeaway containers
- ☐ Recipe books you never open
- ☐ Spices out of date
- ☐ Broken kitchen gadgets
- ☐ Single-use appliances
- ☐ Tea towels past their best
- ☐ Bottles with a dribble left
- ☐ Excess carrier bags
- ☐ Unmatched Tupperware lids
- ☐ Plastic cutlery
- ☐ Freebie water bottles
- ☐ Empty herb jars
- ☐ Bread ties and clips
- ☐ Unused baking tins
- ☐ Takeaway chopsticks
- ☐ Old fridge magnets
- ☐ Dried-up markers
- ☐ Duplicate notebooks
- ☐ Old to-do lists
- ☐ Expired warranties
- ☐ Business cards you don't need
- ☐ Old school papers
- ☐ Outdated planners
- ☐ Scrap paper piles
- ☐ Leaflets from past events
- ☐ Greeting cards you've already opened
- ☐ Bent paperclips
- ☐ Broken staplers
- ☐ Post-it notes that don't stick
- ☐ Old instructions for IKEA furniture
- ☐ Manuals for old tech
- ☐ Unused apps
- ☐ Duplicate photos
- ☐ Old screenshots
- ☐ Emails you'll never read
- ☐ Subscriptions you've forgotten about
- ☐ Old text threads
- ☐ Outdated bookmarks
- ☐ Unused files on your desktop
- ☐ Random saved passwords
- ☐ Spam contacts
- ☐ Old downloads
- ☐ Games you never play
- ☐ Social media accounts you don't use
- ☐ Blurry or duplicate phone pictures
- ☐ Tabs open for no reason