

MINIMALISM

DECLUTTERING

CHECKLIST

- ☐ Toxic people
- ☐ Useless mobile apps
- ☐ Clothes you don't wear
- ☐ Shoes you don't wear
- ☐ And shoes that hurt (even if you wear it)
- ☐ Extra bobby pins
- ☐ Extra hair ties
- ☐ Single-use plastic products
- ☐ Single-use menstrual products
- ☐ Books you don't read
- ☐ Extra pen
- ☐ Distracting tv shows
- ☐ Distracting games
- ☐ Expired beauty products
- ☐ Expired food
- ☐ Jewelry & acc you don't like
- ☐ Dying houseplants
- ☐ Abandoned craft & hobby projects
- ☐ Spare clothes hanger
- ☐ Unused suitcases & bags
- ☐ Chemical fragrance
- ☐ Old letters
- ☐ Photos you don't like
- ☐ Extra cup and utensils
- ☐ Old files in computer
- ☐ Expired medicine
- ☐ Seasonal & holiday things
- ☐ Smelly & old food containers
- ☐ Unused cushions lying around
- ☐ Worn out underwear & socks
- ☐ Unused pet products (toys, cushions, collars, etc.)
- ☐ Duplicate hair brushes
- ☐ Things you keep "just in case"
- ☐ Extra nail clippers
- ☐ Extra scissors
- ☐ Unused wires & cables
- ☐ Extra umbrella
- ☐ Unused bedding
- ☐ Interior decors you don't like (frames, vase, sculpture)
- ☐ Foreign coins you don't need
- ☐ Useless key chain
- ☐ Toxic air freshener sprays
- ☐ Unused empty plastic containers
- ☐ Dead batteries
- ☐ Unused outdoor gears
- ☐ Sunglasses with expired uv coating
- ☐ Unused eyeglasses
- ☐ Gifts you don't like
- ☐ Useless souvenirs
- ☐ Duplicate kitchenware (keep only what you use everyday)
- ☐ Dvd & cd (switch to digital and online streaming)
- ☐ Things you had from a previous job
- ☐ Workout gear you don't use
- ☐ Duplicate household cleaners
- ☐ Toxic food
- ☐ Worn out or broken furniture
- ☐ Old receipts
- ☐ Unused keys

Minimalist Living Checklist

A Gutmann



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