

SMART GIRL LIVING

Home Decluttering Checklist

Room by room — remove what doesn't belong

LESS STUFF. MORE SPACE. LESS STRESS.

START DATE

TARGET COMPLETION

ROOMS THIS ROUND

The rule: Every item either gets used regularly, has genuine sentimental value, or it leaves.

KITCHEN

- Clear out the junk drawer
- Check expiry dates — toss expired pantry items
- Remove duplicate gadgets / tools
- Match lids to containers — toss the rest
- Clear countertops to essentials only
- Donate mugs/dishes you never use

BATHROOM

- Toss expired medications & products
- Throw out empty/near-empty bottles
- Donate old towels (or repurpose as rags)
- Clear counter to daily essentials
- Sort under-sink — toss what's unused
- Recycle empty product containers

BEDROOM

- Remove clothes that don't fit/aren't worn
- Clear the nightstand to essentials
- Sort under-bed storage
- Donate shoes you haven't worn in a year
- Clear surfaces — dresser, desk
- Remove items that belong in other rooms

LIVING ROOM

- Clear coffee table to a tray + 2-3 items
- Edit the bookshelf — donate unread books
- Sort remote controls, chargers, cords
- Remove items that don't belong here
- Fold/store blankets in a basket
- Clear under furniture

ENTRYWAY / CLOSETS

- Sort shoes — donate unworn pairs
- Clear mail pile — recycle/file/action
- Create a hook/drop zone for keys & bags
- Sort coat closet — donate unworn items
- Check umbrella/seasonal items
- Clear floor of bags, boxes, clutter

DIGITAL / OTHER

- Cancel unused subscriptions
- Delete old photos/files to free up space
- Unsubscribe from unused email lists
- Sort the "miscellaneous" drawer
- Donate unused electronics/cables
- Other: _____

The One In, One Out Rule: For every new item that comes into your home, one item leaves. This keeps clutter from creeping back.

WHERE IT'S GOING

DONATE

Bags filled

SELL

Items listed

TRASH / RECYCLE

Bags filled