
DECLUTTERING CHECKLIST

Keeping things that might come in handy one day.

It's easy to trick ourselves into thinking that we can save money by keeping things.

It is far too easy to keep so many things 'just in case' that we can't actually find them when we want them.

They take up space in our minds and in our homes.

Ask yourself:

- Do I need it?
- Will I ever use it?
- Do I like it?
- Is it obsolete?
- Is it out of date?
- Is it still usable?
- Can I find it if I do need it?
- Is it cheap and easy to replace?

Have you got?

- Chargers or adaptors for long dead phones?
- Empty jam jars or bottles?
- Leftover decorating materials
- Random bits of string, paperclips etc.
- Tins of beans years old?

Your 5 things can go in your box, in the recycling or in the bin. You can count multiples singly or as a group depending on your mood.

Getting rid of 5 things a day is enough for this course so if you want to keep going be careful not to take on too much. It is possible to declutter in small manageable doses and get more done than a total overhaul that takes days.

Find 5 things in 5 minutes

Identify the cheap, useless things for today's declutter. Things you are happy to give or throw away.

Don't forget to colour in your stars!



Have nothing in your house that you do not know to be useful, or believe to be beautiful.

William Morris.

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