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# DECLUTTERING CHECKLIST

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## The Fridge and Freezer

Is your fridge covered in magnets and piled high with stuff?

Today is a good one to take control.

**If you have fridge magnets ask yourself:**

- Do I like them?
- Do they bring happy memories?
- Are they really tatty looking?

These things are not made to last forever and sometimes it's easier on ourselves to say goodbye to them rather than watch them disintegrate.

What else do you use your fridge door for? If you use magnets to hold notes and coupons there now might be a good time to check that all the notes and coupons are in date.

What is on top of your fridge?  
If it's a tall fridge/freezer there is a

chance that you can't see what's on top unless you stand on a chair. I find this space is guilty of attracting all manner of empty boxes I don't need to keep, and things I have put there to get them off the table then forgotten about.

**Look at the top of the fridge and ask yourself:**

- Do I need it?
- Do I like it?
- Is it broken?
- Can it be recycled?

Then there is always inside the fridge and freezer! Today is a good one to see what needs using up and if anything needs throwing out.

Colour in your stars when you've finished! You earn't them!

And remember— just 5 things, no need to get overwhelmed with this!



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

William Morris.

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