



DECLUTTER YOUR HOME CHECKLIST

DAY	TASK	DONE
01	Bathroom area	<input type="checkbox"/>
02	Kitchen area	<input type="checkbox"/>
03	Laundry	<input type="checkbox"/>
04	Bedroom 1	<input type="checkbox"/>
05	Bedroom 2	<input type="checkbox"/>
06	Living room or Family room	<input type="checkbox"/>
07	Carport / garage	<input type="checkbox"/>
08	Basement / other areas	<input type="checkbox"/>
09	Your own space/s	<input type="checkbox"/>
10		<input type="checkbox"/>
11		<input type="checkbox"/>
12		<input type="checkbox"/>
13		<input type="checkbox"/>

1. **Start with a small area** (don't try to declutter your entire home at once. Start with one room or corner of room).
2. **Get rid of anything you don't use or love.** If you haven't used something in the past year, chances are you don't need it. And if you don't love it, why keep it?
3. **Create a sorting system.** Set up three boxes or piles: one for things to keep, one for things to donate, and one for things to trash.
4. **Be ruthless.** Having trouble getting rid of something? Ask yourself if you've used it in the past year and if you love it. If the answer to both questions is no, get rid of it.
5. **Declutter one room at a time.** This will help you stay focused and make progress.
6. **Set a timer.** Give yourself 15 or 30 minutes to declutter a certain area. Once the timer goes off, stop and take a break.
7. **Don't be afraid to let go.** It's okay to get rid of things, even if they have sentimental value. Remember, you can't keep everything.