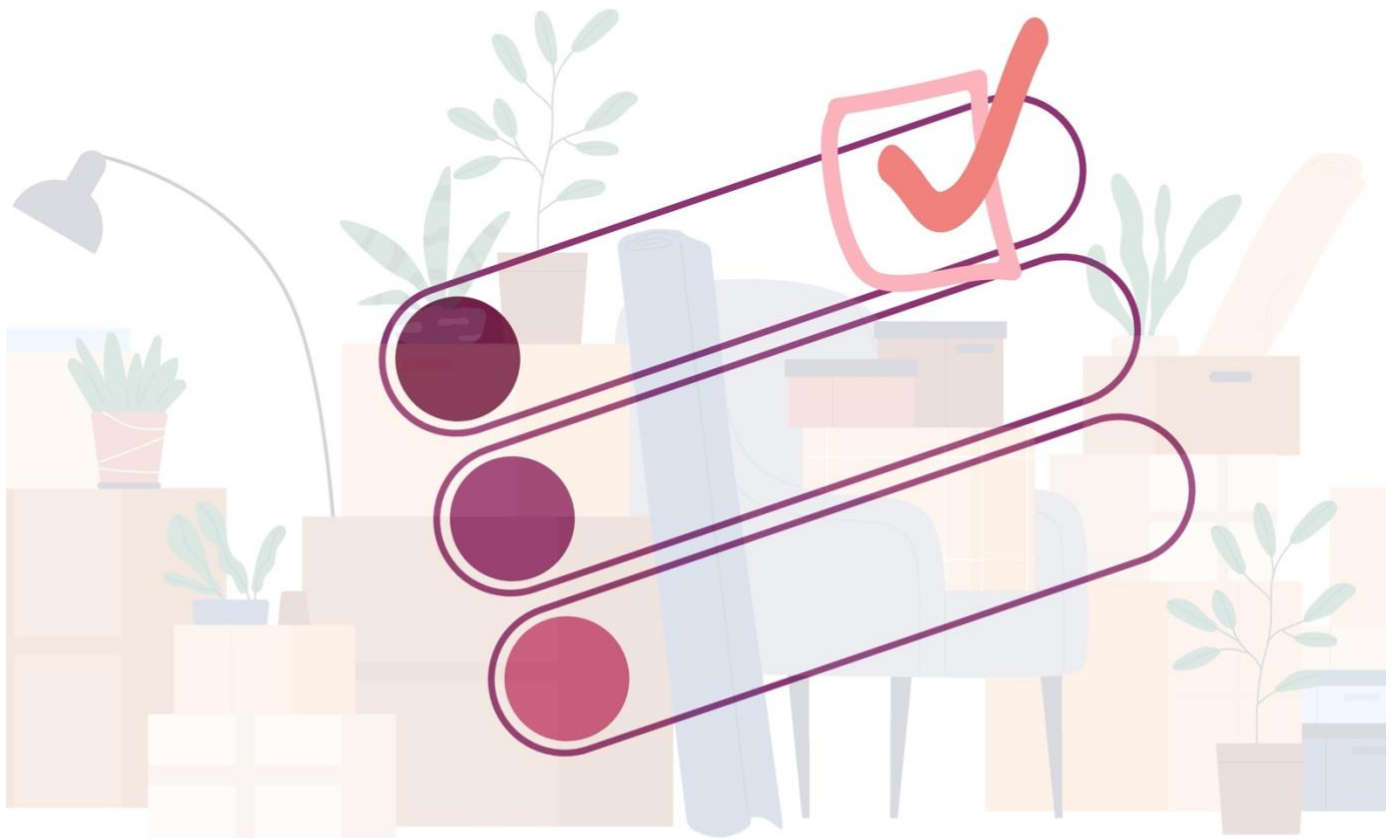


DECLUTTERING WORKSHOP

DECLUTTER CHECKLIST



☎ 02 9794 0177

www.macarthurwhc.com

Clear space, clear mind. Room-by-room guide to a simpler, more peaceful home.

BEDROOM

- Old clothes you haven't worn in a year
 - Shoes that are worn out or unused
 - Broken or unused jewellery
 - Extra bedding or mismatched pillowcases
 - Books, magazines, or papers piling up
 - Decor that no longer brings joy
-

KIDS ROOM (if applicable)

- Outgrown clothes and shoes
 - Broken toys or puzzles with missing pieces
 - Books your child has outgrown
 - Excess or duplicate stuffed animals
 - Art supplies that are dried out or unused
-

BATHROOM

- Expired medications or vitamins
 - Half-used or expired skincare products
 - Towels that are frayed or unused
 - Old toothbrushes, razors, or hair tools
 - Duplicates of items you don't use
-

KITCHEN

- Expired food or spices
- Plastic containers with no lids
- Chipped mugs, unused cups or plates
- Duplicate utensils or gadgets
- Cookbooks you never use
- Junk drawer—go through it!

LIVING ROOM

- Old magazines, flyers, or newspapers
- DVDs or CDs you no longer use
- Decor items that feel like clutter
- Excess cushions or blankets
- Electronics and cables you don't use

STORAGE / ENTRYWAY

- Bags or backpacks not used in the last year
- Boxes you never unpacked
- Unused sporting gear or equipment
- Duplicate tools or hardware
- Holiday items you no longer enjoy

DIGITAL DECLUTTER

- Apps you don't use
- Unsubscribe from email lists
- Delete blurry or duplicate photos
- Organise your desktop & downloads
- Clear out old documents you don't need

BONUS TIPS

- ✓ Set a 15-minute timer per area
- ✓ Use the 4-bin method: Keep | Donate | Recycle | Bin
- ✓ Ask: "Do I love it, use it, or need it?"
- ✓ Don't forget to declutter your *calendar* too!