

A Fresh Start Decluttering Checklist

Decluttering doesn't have to happen all at once. Starting small—one space at a time—can make your home feel lighter, more organized, and easier to manage. This practical checklist is designed to help you move at your own pace, whether you're simplifying everyday life or planning ahead for a future move. Each step you take brings you closer to a calmer, more intentional living space.



Start Small (Quick Wins)

Begin your decluttering journey with simple, achievable tasks that deliver immediate results. These quick wins build momentum and motivation without overwhelming you. Focus on visible surfaces first—the changes you can see right away will inspire you to keep going.

Clear One Flat Surface

Choose a kitchen counter, entry table, or desk. Remove everything, wipe it down, and return only what truly belongs there. A clear surface creates visual calm.

Handle Old Paperwork

Recycle or shred old mail, outdated documents, and papers you no longer need. Set up a simple system to prevent future paper pile-up.

Toss the Expired

Let go of expired coupons, old manuals for items you no longer own, and outdated lists. These items serve no purpose and take up valuable space.

Return Misplaced Items

Walk through each room and return items that migrated from their proper homes. This simple habit prevents clutter from accumulating over time.



Closets & Storage

Your closet should contain only items you actively wear and love. When clothing becomes clutter, getting dressed becomes stressful. Take time to honestly assess what serves your current lifestyle and let go of the rest.

- Remove clothes you haven't worn in the past year
- Donate items that no longer fit or suit your lifestyle
- Let go of worn-out shoes, coats, or accessories
- Organize what remains so everything has a place

A streamlined closet saves you time every morning and helps you rediscover pieces you'd forgotten you owned. **Quality over quantity creates a wardrobe that truly works for you.**

Kitchen & Pantry

The kitchen is the heart of your home, and a cluttered kitchen makes meal preparation frustrating. Start with expired items—they're easy decisions that create immediate space. Then tackle the extras: duplicate tools, gadgets you never use, and containers without lids.

Check expiration dates

Discard expired food, spices, and condiments. Donate unopened, non-expired items you won't use.

Simplify tools

Remove duplicate utensils or single-use gadgets collecting dust.

Match containers

Clear out mismatched containers and orphaned lids.





Bathrooms & Laundry Areas

Bathrooms accumulate products quickly, but most of us use the same few items daily. These smaller spaces are perfect for quick decluttering sessions that deliver satisfying results.

01

Dispose of expired medications

Check dates on vitamins, personal care products, sunscreen, makeup, and lotions.

02

Simplify beauty products

Toss old makeup, dried-out nail polish, and hair products you never use.

01

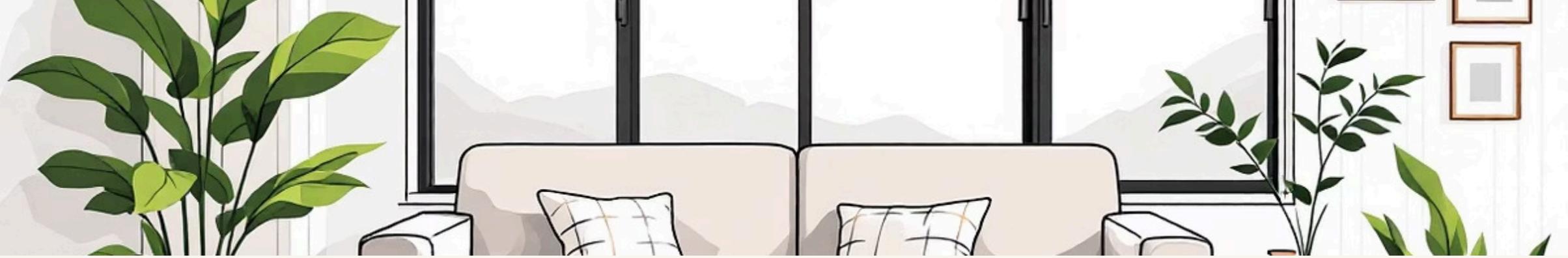
Refresh linens

Donate worn or excess towels and linens.

02

Organize storage spaces

Ensure everything has a designated spot.



Living Areas

Your living spaces should feel restful and inviting, not crowded. Every item on display competes for your visual attention. By editing what you keep, you create room for the things that truly matter.

- Remove decorative items that no longer feel meaningful
- Donate books, magazines, or DVDs you no longer use
- Let go of extra throw pillows or blankets
- **Embrace negative space as a design element**



Paper & Digital Clutter

In today's world, clutter isn't just physical—it's digital too. Tackling paper and digital clutter together creates systems that work seamlessly.



Physical Papers

Shred old bills and statements you no longer need and organize important documents in one labeled place.



Digital Inbox

Unsubscribe from emails you never read and organize what you keep.



Digital Files

Delete duplicate photos and files and back up important documents to cloud storage.



Sentimental Items (Go Gently)

Sentimental items are the hardest to declutter, and that's completely normal. These objects hold memories, connections, and emotions. The goal isn't to eliminate sentimentality—it's to curate what you keep so you can truly honor and enjoy those memories.

Set loving limits

Choose a specific box or bin for keepsakes.

Be selective

Choose the most meaningful pieces.

Photograph items

Take photos before letting them go to preserve the memory.

Give yourself permission

Pause when decisions feel heavy.

- Helpful Tip:** If you're unsure about an item, box it up with a date. If you haven't opened the box in six months, you probably don't need what's inside.

Ready When You Are

If you ever have questions about preparing your home for a future move, downsizing, or simply planning ahead, we're always happy to help.

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