

Minimalist Decluttering Checklist



In advance:

- Pick a date
- Get into a good mindset
- Start with an easy area

Create 5 piles:

- Garbage
- Recycle
- Donate
- Sell
- Keep

Prepare yourself:

- Turn on music
- Drink of choice
- Plastic bins/cardboard boxes
- Garbage bags
- Masking tape
- Jiffy marker
- Notepad
- Pen
- Rags/paper towel
- Cleaning supplies

To decide what to keep, ask yourself:

Do you love it or hate it?

Have you used it in the past year?

Can someone else get more use out of it?

Can you live without it?

How will you feel without it?