

# MINIMALIST DECLUTTERING PLANNER & CHECKLIST



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# DECLUTTERING LIKE A MINIMALIST

Decluttering needs to be the first step you take in the process of simplifying your life. There's no point in spending time and effort organizing things you don't want or need anymore, right?

There's also no point in creating systems to manage those unwanted things either.

To begin, choose a small area to start with. Sort through the items in that area and remove anything you no longer use or need.

Donate or discard these items to start creating a less cluttered space.

If the thought of decluttering fills you with overwhelm, take a step back and tackle it from a smaller view.

You don't need to take everything out of every cupboard and drawer like Marie Kondo does.

In fact, I specifically recommend not doing that.

Pick a super small space, like a single drawer and start there.

The aim is to make progress without getting overwhelmed.

You don't have to get rid of things you still like and use. Just focus on things that you don't want or need anymore.

Remember - your clutter didn't accumulate in a day, so you don't need to try to get rid of it all in a day either! (unless that appeals to you, then by all means!)

# GETTING STARTED

A bit of preparation can make the whole process go a lot more smoothly, but don't take so long preparing that you run out of steam before actually getting started!

## IN ADVANCE

- ☐ PICK A DATE \_\_\_\_\_
- ☐ GET IN A GOOD MINDSET \_\_\_\_\_
- ☐ START IN AN EASY AREA \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

## PREPARE YOURSELF

- ☐ TURN ON MUSIC OR PODCAST \_\_\_\_\_
- ☐ DRINK OF CHOICE \_\_\_\_\_
- ☐ BINS/BOXES/BAGS \_\_\_\_\_
- ☐ PEN/MARKER \_\_\_\_\_
- ☐ CLEANING SUPPLIES \_\_\_\_\_
- ☐ \_\_\_\_\_

## CREATE 5 PILES:

- ☐ GARBAGE \_\_\_\_\_
- ☐ RECYCLE \_\_\_\_\_
- ☐ DONATE \_\_\_\_\_
- ☐ SELL \_\_\_\_\_
- ☐ KEEP \_\_\_\_\_
- ☐ \_\_\_\_\_

## 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?

# DECLUTTERING GOALS

|                    |   |
|--------------------|---|
| DECLUTTERING GOAL: | <br>DEADLINE |
|--------------------|---|

|  |
|--|
| WHY IS THIS DECLUTTERING PROCESS IMPORTANT TO YOU? |
|--|

|  |
|--|
| DECLUTTERING GOAL BROKEN DOWN<br>INTO ACTIONABLE STEPS |
| 1  |
| 2  |
| 3  |

# DECLUTTERING ZONES

The aim is to focus on one small, manageable area at a time to avoid getting overwhelmed!

Ex: bottom pantry shelf, pots and pans, or fridge door

|        |        |
|--------|--------|
| ZONE 1 | ZONE 2 |
| ZONE 3 | ZONE 4 |
| ZONE 5 | ZONE 6 |
| ZONE 7 | ZONE 8 |

# ZONE DECLUTTERING TRACKER

DATE:

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[illegible][illegible]

# DECLUTTERING PROJECTS BY ROOM

[illegible]

# DAILY DECLUTTER CHART

Write down your decluttering project then fill in the days you worked on it

[illegible]



# DECLUTTERING CHALLENGE

Cross off each task as you complete it. Challenge yourself to get a bingo row or a blackout!

CLOTHES

LINEN &  
TOWELS

KITCHEN  
CUPBOARDS

KITCHEN  
DRAWERS

BATHROOMS

PAPERWORK

CORDS &  
CABLES

STATIONERY

TOYS

COMPUTER  
FILES

EMAIL INBOX

BEDROOMS

GARAGE

OUTSIDE

PET ITEMS

PHOTOS

ORNAMENTS

OLD PANTRY  
ITEMS

OLD FREEZER  
ITEMS

GAMES /  
HOBBY ITEMS

# MONTHLY DECLUTTERING TRACKER

Jot down what you decluttered each day, or simply cross off each day you got rid of something!

MONTH:

## MONTHLY GOALS

|  |  |
|--|--|
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |

## MAIN TASKS



# GETTING RID OF IT ALL

Don't just let your decluttered stuff sit in a box by your door for months. Take action to get rid of it!

| DONATE                | REPLACE               | SELL                  |
|-----------------------|-----------------------|-----------------------|
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|       |
|-------|
| NOTES |
|-------|

# ABOUT FRUGAL MINIMALIST KITCHEN



Hey, I'm Bri, the Dietitian at Frugal Minimalist Kitchen.

I help you simplify and save money in the kitchen.

More about [Frugal Minimalist Kitchen](#).

I provide ideas and tools to need to embrace minimalism, simplify your life & save money in the kitchen!

For more like this, check out:

[frugalminimalistkitchen.com/shop](https://frugalminimalistkitchen.com/shop)

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