



Decluttering

JUMPSTART

WWW.THESIMPLICITYHABIT.COM



12 Areas to Declutter in 10 Minutes

Set a timer & see how much you can get done in 10 minutes. You might be surprised how much you can get done in a short period of time when you're focused. Some of these areas could take more than 10 minutes the first time you do them but get easier and faster going forward. These high impacts areas will help you feel the effects of decluttering immediately.

☐ 1. Clear off kitchen counters

Take counter that shouldn't be there. Throw the trash away, recycle the unneeded papers, and put the other items in their proper places. Reassess if you need to have so many items sitting out on the counter. If you're unsure, try putting some the items away for a time and see how you feel. Just because something has been there for a while doesn't mean it should be there.

☐ 2. Clean out a junk drawer

Take everything out of the drawer. Wipe down the drawer and the organizing container if you use one. Put things of like kind together. Go through and assess what needs to go in the trash or to another part of the house. Put back the items that you want to remain in the drawer. Organize as you go.

☐ 3. Take items off dressers and nightstands

Dressers and nightstands have a way of attracting all sorts of random items. Remove everything sitting on top of the furniture. This gives you the perfect opportunity to dust. Look at the items you took off the furniture. Do they belong in another place? If so, put them there. Before you put any items on top of the dresser or nightstand, ask if you really want that item there. You may enjoy the room more with fewer items out.

☐ 4. Clean out the fridge

This isn't the most fun of the 10-minute decluttering tasks, but it is necessary. Take out the scary items that were long forgotten in the back of the fridge. Throw out everything that has gone bad. It will be refreshing to open up your fridge and know that everything in it is still consumable.

☐ 5. Do 1 or 2 pantry shelves

Depending on the size of your pantry, use your 10 minutes to declutter one or two pantry shelves. Take out expired items and things you know you'll never eat. You can donate food that is still good and unopened to a local food pantry or to your local [buy nothing group](#). It's so much easier to find things when you only have what you'll use in your pantry.

☐ 6. Declutter the entryway

The entryway is the first thing you see when you walk into your home and it's also your guest's initial introduction to your home. It's less than enjoyable to walk in and trip over shoes, backpacks, and other assorted items. Limit the number of coats, shoes, bags, and gear that get stored in the entryway. Don't keep more there than necessary. Create organizational solutions that will work for all members of the family to try and keep clutter off the floor.



☐ 7. Go through one drawer of clothes

To some people the idea of going through their wardrobe is overwhelming. But what if you took 10 minutes and just went through one drawer? Start with a drawer of clothes that will be fairly easy to make decisions on. Take all the clothes out of the drawer and put them with like-kind. Let go of anything that doesn't fit, you don't like, or is in poor condition. Fold the items you are keeping and neatly arrange them in the drawer.

☐ 8. Declutter the living room

Look at the items on the wall and on top of furniture. Decide if you love all the toss pillows and throw blankets. How do you feel about what's hung on the wall? If you're not sure, try something else or see how it looks without the item hung there. Take the items off the tops of the furniture. Add back only the items you are certain you want there.

☐ 9. One shelf in the kitchen

Take the items off that shelf and evaluate them. Do you use them and love them? If not, declutter them. There are so many gadgets on the market that people tend to have far more items than they need or use in the kitchen. A streamlined kitchen will help you to be more efficient and make cooking more enjoyable.

☐ 10. Declutter the table and dining area

Many homes have kitchen tables that do double duty. They're used for homework, art projects, and crafting as well as enjoying meals. If you have a multiuse table, chances are it tends to attract clutter. Remove all items that don't belong. Sort the papers and throw out the trash. If you have a centerpiece, evaluate if you love it or if it's become a hassle. Once the table is decluttered it's so much easier to wipe down and eat on.

☐ 11. Clear off bathroom counters & shower shelves

Take everything off the counter and evaluate where it needs to go. Store daily use items in a cabinet or drawer and try keeping the bare minimum out on the counter. If you don't have much on your counter already, search in one drawer or cabinet in the bathroom for items to declutter. Remove anything that is expired or unwanted. Check your bath or shower shelves for empty bottles or anything not being used. It's easier to keep a bathroom clean with less things out.

☐ 12. Declutter the coat closet

Remove all the coats and let go of anything that doesn't fit, you don't wear, or that is in poor condition. Coat closets can become a catch-all for a variety of items. If yours has turned into a dumping ground, it may take more than 10 minutes to declutter it. Start with the coats first and come back to the remaining items another day if you're short on time.

Clutter is the excess that stands between you & your beautifully simplified life. ~Julianna Poplin



100 Things to Declutter

These items should be easy to declutter as they don't tend to be sentimental or require too much thought. They're a great way to kick start your decluttering process.

GENERAL:

- ☐ trash
- ☐ empty containers waiting to be recycled (take to recycling center asap)
- ☐ boxes of donations (take them to donation center asap)
- ☐ gifts you never liked
- ☐ swag that you've gotten from events
- ☐ as seen on tv products that didn't live up to the hype
- ☐ dead batteries
- ☐ burned out light bulbs
- ☐ inflatable pools, mattresses, balls that have irreparable holes
- ☐ pet supplies for a pet you no longer have
- ☐ furniture that is beyond repair or that you won't repair

BATHROOMS:

- ☐ extra toothbrushes
- ☐ old nail polish
- ☐ old make-up
- ☐ bath products you don't like or won't use
- ☐ lotion or perfume that you don't like
- ☐ expired medicine
- ☐ old toothbrushes
- ☐ stained towels

LIVING ROOM:

- ☐ wall decor that you don't love
- ☐ candles you don't like the scent of
- ☐ decor that is no longer your style
- ☐ toss pillows that are lumpy and tired looking
- ☐ movies that you didn't like or are scratched
- ☐ cd's that aren't your taste anymore or that are damaged
- ☐ picture frames you don't like
- ☐ tired looking toss pillows or throws

BEDROOMS:

- ☐ clothes that are stained or ripped beyond repair
- ☐ clothes with busted elastic
- ☐ clothes that don't fit
- ☐ shoes that are worn out
- ☐ shoes that hurt your feet
- ☐ bridesmaid dresses you'll never wear again
- ☐ accessories you no longer like
- ☐ jewelry that's broken or no longer your style
- ☐ socks with holes
- ☐ socks missing their mates
- ☐ clothes that you don't feel good in
- ☐ clothes made with itchy/uncomfortable fabric
- ☐ maternity clothes if you're done having babies
- ☐ sheets with holes or that are pilled
- ☐ worn out linens (comforter, pillows, curtains)

KITCHEN:

- ☐ kitchen utensils that aren't in good condition or that you don't use
- ☐ chipped or broken dishes
- ☐ mugs you don't use or like
- ☐ gadgets or appliances you don't use
- ☐ cookbooks that you no longer use
- ☐ anything that is missing its lid
- ☐ food in the fridge that's gone bad
- ☐ condiments that are well past their expiration date
- ☐ freezer burned food
- ☐ expired pantry food
- ☐ food that no longer fits with the way you eat
- ☐ old coffee, tea, cocoa



OFFICE:

- ☐ used notebooks
- ☐ magazines you've read
- ☐ books you'll never read or didn't like
- ☐ old documents you no longer need
- ☐ excess office supplies
- ☐ dried out pens
- ☐ manuals from things you no longer own
- ☐ notes and books from classes you went to many years ago
- ☐ books with broken bindings
- ☐ calendars from years past
- ☐ old stationery and cards
- ☐ floppy disks; any file storage you can no longer access
- ☐ outdated software
- ☐ phone books
- ☐ old technology you no longer use

KIDS AREAS:

- ☐ games or puzzles that are missing pieces
- ☐ toys that are broken or outgrown
- ☐ books that are damaged or outgrown
- ☐ coloring books that have been used up
- ☐ broken crayons
- ☐ dried out markers
- ☐ toys that are missing pieces
- ☐ school papers
- ☐ little cheap plastic toys
- ☐ old art projects
- ☐ backpacks that are broken or falling apart
- ☐ baby items if you're done having babies
- ☐ swag from birthday parties/events

CRAFT ITEMS:

- ☐ supplies from already completed projects
- ☐ empty jars or containers for projects you haven't done
- ☐ craft supplies you bought for a craft you never started

GARAGE:

- ☐ tools you don't need or use
- ☐ dried up paint, glue, spackle, etc.
- ☐ anything that is broken and not repairable
- ☐ empty boxes, extra packaging
- ☐ projects that have been waiting for years

CAR:

- ☐ trash
- ☐ odd items left by kids
- ☐ outdated maps
- ☐ expired insurance cards
- ☐ unneeded papers in the glove compartment
- ☐ receipts or other random papers
- ☐ things that belong in the house

OUTSIDE:

- ☐ trash/junk
- ☐ old play equipment kids have outgrown
- ☐ dead plants
- ☐ weeds

Looking for more help with decluttering? Get the Your Home Decluttered Workbook & the Your Home Decluttered Course to walk you step by step through the decluttering process.

© 2019 by The Simplicity Habit. All rights reserved. No part of this publication may be reproduced, distributed, stored in a retrieval system, or transmitted in any form or by any means, including recording or other electronic or mechanical methods, without the prior written permission of the publisher, except in the case of brief quotations embodied in critical reviews and certain other noncommercial uses permitted by copyright law. For permission requests, please email Julianna@thesimplicityhabit.com.

