

Decluttering Success Checklist

A realistic, no-overwhelm guide to finishing what you start

Before You Start

(Set Yourself Up to Win)

- Choose one small area (drawer, shelf, counter—not a whole room)
- Set a time limit (15-30 minutes works best)
- Grab 3 bags or boxes: Keep / Donate / Trash
- Put on music or a podcast you enjoy
- Decide where donations will go before you start

Decluttering In Progress

- Remove everything from the space
- Wipe the surface clean before putting anything back
- Handle each item once (no "I'll decide later" pile)
- Ask yourself:
 - Do I use this?
 - Do I love this?
 - Would I buy this again today?
- Be honest—not sentimental—about duplicates
- Let go of items kept "just in case"
- Keep only what fits the space comfortably

What to Let Go Of First (Quick Wins)

- Broken or damaged items
- Expired products
- Clothes that don't fit your current life
- Items with no clear home
- Things you forgot you even owned

Putting Things Back (The Make-It-Stick Step)

- Return only the keep items
- Store similar items together
- Leave breathing room (not every inch needs filling)
- Place everyday items within easy reach
- Store rarely used items higher or further back

Finishing Strong

- Take donation bags out of the room immediately
- Schedule a donation drop-off within 48 hours
- Take a quick "after" photo (motivation matters)
- Reset the space so it's usable right away

Maintenance Check (So Clutter Doesn't Creep Back)

- Do a 5-minute reset once a week
- Apply the "one in, one out" rule
- Revisit problem areas monthly
- Declutter seasonally (clothes, decor, paperwork)

Mindset Reminder (Read This If You Stall)

- Progress beats perfection
- Decluttering is a skill—it gets easier
- Your home should support your life, not store your past
- You're allowed to change