

LIFE / EDIT

10 things to declutter right now!



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Zoë Berry

[@lifeedit](https://www.lifeedit.com) [@homeorganisation](https://www.homeorganisation.com)

HOME ORGANISATION

10 things to declutter right now!

Start here...

Want to declutter but don't know where to start? Then this handy list is for you.

Overcome the overwhelm by using this list which you can print and tick off as you go.

Remember to ask yourself 'when's the last time I used this?' and 'do I love this item?' if you feel stuck.

Remember your home is a place for living, not a storage unit. The space you will benefit from is worth far more than the items weighing you down.

Good luck!

Zoë X



Zoë Berry
Owner LIFE / EDIT



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Item	Where?	Done!
1. Out of date and unused medication. Check your medicine cabinet and safely dispose of anything past its expiration date.	Pharmacy	<input type="checkbox"/>
2. Old paperwork and junk mail. Use this opportunity to transition to paperless options for bills and statements.	Shred	<input type="checkbox"/>
3. Out of date makeup and hair products. In general, makeup typically lasts one year from the manufactured date before expiring.	Boots	<input type="checkbox"/>
4. Odd socks. If your socks have holes, stretched-out elastic, or missing pairs, let them go.	Fabric recycling	<input type="checkbox"/>
5. Unused kitchen gadgets. If you haven't used that apple corer in years, it's time to donate it.	Charity shop	<input type="checkbox"/>

Keep going...

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Item	Where?	Done!
6. Outdated electrics. Old phones, tangled cables, and unknown chargers take up valuable drawer space.	Tech recycling	<input type="checkbox"/>
7. Clothes you don't wear. If it doesn't fit or hasn't been worn in over a year, it's not serving you.	Charity shop	<input type="checkbox"/>
8. Old linens (towels and bedding). You only need one set of bedding in the wash and one on the bed.	Animal shelters	<input type="checkbox"/>
9. Expired Food Go through your pantry and fridge, tossing anything past its use-by date.	Food recycling	<input type="checkbox"/>
10. Ornaments or knick-knacks you don't like. If you don't love them or they don't match your décor, pass them on to someone who will love them.	Charity shop	<input type="checkbox"/>

Well done! x