

# 100 Things to get rid of

## KITCHEN & PANTRY

- ☐ Sponges, brushes, and dish scrubbers that are worn (or gross)
- ☐ Food storage containers that no longer have a purpose
- ☐ Expired food in your fridge, freezer, and pantry
- ☐ Tinned food you don't plan on using (you can donate this)
- ☐ Expired spices and seasonings
- ☐ Packaged sauces and dressings you only use occasionally/expired
- ☐ Unused small appliances or ones that have broken/missing pieces
- ☐ Expired vitamins or supplements
- ☐ Unused cookbooks
- ☐ Mugs and glasses or silverware you no longer need or use
- ☐ Any extra plates or silverware you no longer need or use
- ☐ Cooking utensils you don't use
- ☐ Scratched nonstick pans
- ☐ Unused pots or pans
- ☐ Worn oven mitts with holes
- ☐ Extra magnets you never use on the fridge
- ☐ Items under the sink that are no longer needed
- ☐ Printed or saved recipes you don't use

## BEDROOM & CLOSET

- ☐ Clothes that no longer fit or are uncomfortable
- ☐ Clothing with holes, rips, stains, faded colors (unless for play/work)
- ☐ Clothes you haven't worn in a year
- ☐ Pajamas you don't sleep in
- ☐ Underwear that is uncomfortable or has rips or holes
- ☐ Shoes you never wear or find uncomfortable
- ☐ Old shoe boxes

# 100 Things to get rid of

- ☐ Discarded gift wrap and bags
- ☐ Unused purses/handbags/wallets
- ☐ Old backpacks that are no longer used
- ☐ Bridesmaid/old prom dresses
- ☐ Jewelry you no longer wear/like
- ☐ Earrings without matches
- ☐ Old belts and ties that are broken or bent beyond repair
- ☐ Ripped or frayed bedsheets/pillowcases/blankets
- ☐ Nightstand clutter
- ☐ Kids' toys that are no longer played with or are broken
- ☐ Games and puzzles with missing pieces
- ☐ Sheets that no longer fit

## LAUNDRY ROOM

- ☐ Empty detergent bottles or other containers
- ☐ Old or broken laundry baskets that you no longer use
- ☐ Unused dryer sheets or fabric softener
- ☐ Socks that do not have matches

## LIVING ROOM

- ☐ Old remote controls
- ☐ Old entertainment center items (DVD players, video game consoles)
- ☐ DVDs, CDs, or video games you no longer use
- ☐ Outdated decor and furniture with no sentimental value
- ☐ Coffee table books or magazines that are not read
- ☐ Extra coasters

## BATHROOM

- ☐ Expired makeup you've had forever
- ☐ Empty product bottles

# 100 Things to get rid of

- ☐ Hair styling tools you never use
- ☐ Old contact lens cases
- ☐ Dried up nail polish
- ☐ Old nail files
- ☐ Plastic shower caddies with missing pieces
- ☐ Expired medicine or vitamins
- ☐ Any old prescriptions that are out of date
- ☐ Old towels and washcloths that have tears, stains, faded colors
- ☐ Old toothbrushes
- ☐ Cleaning supplies you never use
- ☐ Perfumes or body sprays you don't like or use
- ☐ Old bath mats that are not being used

## GARAGE/BASEMENT/OUTDOOR

- ☐ Exercise equipment you no longer use
- ☐ Holiday decorations you never put up
- ☐ Boxes you are storing random items in that do not have a home/use
- ☐ Toys and sporting equipment not being used
- ☐ Garden tools that are dull or rusty
- ☐ Ladders no longer in use with missing pieces/broken parts
- ☐ Leftover paint supplies that have dried up
- ☐ Umbrellas that are damaged or broken
- ☐ Tools you never use (and probably never will)
- ☐ Tools in need of repair that have been sitting around for a while
- ☐ Storage containers with missing pieces/no purpose

## OFFICE/PAPER ITEMS

- ☐ Expired coupons
- ☐ Old utility bills (or duplicate copies)

# 100 Things to get rid of

- ☐ Unopened mail
- ☐ Junk mail and flyers
- ☐ Old notebooks
- ☐ Out-of-date calendars, planners, and organizers
- ☐ Expired warranties
- ☐ Old greeting cards (unless they are special to you)
- ☐ Empty folders that serve no purpose
- ☐ Misc. piles of paperwork cluttering your desk
- ☐ Pens and markers that no longer work
- ☐ Old restaurant menus

## MISC. ITEMS

- ☐ Books you will never read again
- ☐ Old textbooks from college
- ☐ Old phone cases
- ☐ Old phones and/or other unused or broken electronics
- ☐ Useless power cords
- ☐ Broken crayons and other art supplies
- ☐ Old product manuals
- ☐ Old business cards
- ☐ Old or unused lightbulbs
- ☐ Lamps that do not work
- ☐ Unused mattresses, desks, or other large items
- ☐ Any throw rugs you don't use and/or like
- ☐ Unused candles and candle holders
- ☐ Dusty knickknacks taking up space
- ☐ Product samples or useless items from events
- ☐ Whiteboards that are not used