

Decluttering Checklist

Thee Tailored Life

1. **Before you declutter:** Start with the why.
 - Why am I getting organized?
 - What's my vision for my home (Five senses – look like, feel like, etc.)?
 - What are my most significant challenges in organizing my space(s)?
 - How much time and money do I have to spend on living organized?
 - Is there anyone else who should be involved in this process (i.e., roommate, significant other, child)?
 - Support with accountability: tell someone you trust.

2. **Getting ready:** Grab some supplies.
 - Large garbage bags or boxes.
 - Paper, colorful stickers, and markers for labeling.
 - Develop a plan for where to donate, discard and sell (transportation needs).

3. **While decluttering:** Tips for success.
 - One space at a time.
 - Take everything out and don't forget to clean.
 - Scrutinize every single item (treat it like it's on trial).
 - Categories: Keep, relocate, fix, recycle/trash, donate, sell; label appropriately.

Questions to help with decluttering:

- Do I need, use, and love this item?
- Is this adding value to my daily life?
- Does this item align with my current values, priorities, or goals?
- Does this item fit my current lifestyle?
- How does this item make me feel?
- Does it fit or work? (If not, will I get it tailored or repaired?)
- Do I have multiple of these?
- Would I miss this item?
- Is this item worth the space it's taking up?

- Would someone else benefit more from this item?
 - Would I repurchase this item again at full price?
 - Would I move this to a new home?
 - Do I want the money for this item more than the item?
 - Do I have something else that serves the same purpose?
4. **After decluttering:** Donate, recycle, discard and sale ASAP.
- Donate:
 - Group homes, homeless shelters and youth serving agencies (especially for professional attire).
 - [Salvation Army](#), [Habitat for Humanity ReStore](#) (including furniture pick-up) and [Goodwill](#) (no furniture or baby equipment).
 - [Buy Nothing Project](#), local Buy Nothing Groups (Facebook) and [Nextdoor](#).
 - Recycle: H&M and textile recycling bins (search for one near you).
 - Discard: local dump; search online first for details.
 - Sale: [Poshmark](#), [Thred Up](#), and [Facebook Marketplace](#).
 - Consider returning items still within the return window.
5. **Set boundaries:** To help you maintain.
- Make maintenance realistic for your lifestyle/pick a reset day.
 - Don't put it down; put it away.
 - Always have a donation bin.
 - Tidy up a little every day.
 - Create shared goals with others using the space.
 - Be flexible with your system - notice if it's too difficult to keep up with or no longer works for you and your family.
 - Make decluttering a lifestyle.
 - Limit shopping - slow buying, removing credit card information from websites, strict budgets. Check out the [#NoNewThings](#) challenge.

You don't have to pay the cost of clutter.