



FROM THE KITCHEN...

1. Food past its best
2. Chipped/cracked/broken items
3. Recipe books not read/used
4. Non essentials off work surface
5. One off items/gadgets not used

☐
☐
☐
☐
☐

FROM THE WARDROBE...

1. Clothes you don't feel great in
2. Clothes that don't fit
3. Damaged clothes
4. Anything not worn for over 1yr
5. Anything that doesn't go with anything else

☐
☐
☐
☐
☐

FROM THE LIVING ROOM...

1. DVDs and CDs
2. Old magazines & newspapers
3. broken or damaged ornaments
4. Excess furniture
5. Excess cushions / throws

☐
☐
☐
☐
☐

FROM THE HOME OFFICE...

1. Pens that don't work
2. Junk mail / old paperwork
3. Paperwork that needs actioning
4. Email
5. TO DO list

☐
☐
☐
☐
☐

FROM THE BATHROOM...

1. Used/past best toiletries
2. Old toothbrushes
3. Broken / excess bathroom toys
4. Old towels
5. Old medicine

☐
☐
☐
☐
☐

FROM YOUR DIARY...

1. Anything that you don't like doing
2. Any over-scheduling
3. Social events that you don't enjoy
4. Excess travel
5. Things that take too much time (reduce...)

☐
☐
☐
☐
☐

FROM THE BEDROOM...

1. Makeup past its best
2. Anything not restful
3. Excess bedding
4. Visible clutter
5. Electronics

☐
☐
☐
☐
☐

FROM YOUR MIND & LIFE...

1. Anything you're worried about
2. People who make you feel low
3. Negativity
4. "I should be doing" thoughts
5. Regrets

☐
☐
☐
☐
☐

REMEMBER - CLUTTER IS ANYTHING THAT DOESN'T BELONG WHERE IT IS - WHETHER THAT MEANS IT NEEDS TO GO COMPLETELY, OR BE MOVED TO ANOTHER SPACE IN YOUR HOME...