

My New Year Decluttering Checklist

Based on Corinne's sustainable, non-obsessive approach to decluttering

Before You Start – Mental Preparation

- Set realistic expectations (this will take time)
- Decide on approach: room-by-room OR category-by-category
- Gather sorting supplies
- Choose a neutral starting point (avoid emotional items)
- Set a 30-minute timer to begin

Sorting Categories (Set Up 4 Areas)

- KEEP
- DONATE
- SELL
- BIN

Kitchen Declutter – Check & Remove

- Expired food (cupboards and fridge)
- Duplicate utensils and gadgets
- Broken or incomplete items
- Mismatched containers and lids
- Chipped or cracked dishes
- Unused takeaway items and gadgets

Kitchen – Questions to Ask

- When did I last use this?
- Could I borrow this if I needed it?
- Is it worth the space it takes up?
- Would I buy it again today?

Living Room Declutter – Check & Remove

- Old magazines and newspapers
- Broken electronics and unused remotes
- Unwatched DVDs/CDs
- Books you don't plan to read
- Decor you don't actually like
- Excess cushions, throws, and broken toys

Bedroom Declutter – Check & Remove

- Clothes not worn in over a year
- Items that don't fit your current body
- Worn-out underwear and socks
- Unused bedding and cosmetics

Wardrobe Tip

- Turn all hangers backwards

- Turn them forward when worn
- After 6 months, review what never moved

Bathroom Declutter – Check & Remove

- Expired medications and cosmetics
- Toiletries you don't like or use
- Excess towels (keep 2–3 per person)
- Old makeup, nail polish, and hotel toiletries

Kids' Rooms Declutter – Check & Remove

- Broken or incomplete toys
- Outgrown toys and clothes
- Duplicate toys
- Old schoolwork or artwork (photograph favourites)

Home Office / Study Declutter

- Old paperwork and manuals
- Broken pens and excess stationery
- Defunct electronics and random cables

Storage Areas – Be Brutal

- Items forgotten for 3+ years
- Things from past life phases
- Duplicates kept 'just in case'
- Obviously broken items

Digital Declutter

- Delete blurry and duplicate photos
- Unsubscribe from unused emails
- Remove apps not opened in months
- Organise files and empty trash

Disposing of Items

- Donate usable items to charities or shelters
- Sell valuable items locally or online
- Recycle electronics, batteries, and textiles
- Bin items beyond repair

Maintaining a Clutter-Free Home

- Deal with items immediately
- Monthly 15-minute reset
- Pause before buying new things
- Seasonal reviews

Remember

- Progress, not perfection
- Keep what you use and love

- Your home should serve you
- Sentimental items are allowed
- Be gentle with yourself

When to Take It Easy

- If decluttering feels overwhelming
- Work in tiny sessions
- Ask for help or hire a professional
- Stop and return later if needed