101

items to get rid of {without regret}

1. Spare buttons
2. Makeup past its best
3. Anything you don't like
4. Clothes that don't fit
5. Books you've never read
6. Books you won't read again
7. Old magazines
8. Any info you can get online
9. Anything broken
10. Old bedding
11. Baby items if baby has grown
12. Chipped /cracked crockery
13. Out of date food
14. Half finished craft projects
15. Toiletries not used
16. Pens that don't work
17. Most of what's in the loft!
18. Anything you haven't missed
19. Items you could borrow
20. Anything that makes you sad
21. Clothes that don't suit you
22. Games with pieces missing
23. Chargers for old phones
24. Unused kitchen gadgets
25. Artwork you don't like
26. Things that don't work
27. Earrings without a partner
28. Shoes without a partner
29. Manuals (can view online)
30. Wrapping paper scraps
31. Any duplicates
32. Old computers
33. Notes from past work/class
34. Excess carrier bags
35. Sports bras without hold!
36. Excess mugs
37. Excess glasse
38. Freezer items past their best
39. Herbs & spices not used
40. Tea / coffee not drunk
41. Packaging from electronics
42. Unneeded receipts
43. Out of date medicines
44. Hobby gear not required
45. Socks with holes
46. Tights with ladders
47. Paint no longer needed
48. Not special memorabilia
49. Unfinished projects
50. Toys not played with
51. Old papers & receipts in bag
52. Unwanted DVDs
53. Unwanted CDs
54. Recorded TV shows
55. Recipe books
56. Bad photos
57. Un-fluffy cushions/pillows
58. Unflattering clothes
59. Junk mail / old paperwork
60. Hair products not used
61. Greetings cards
62. Ornaments
63. VHS tapes / audio cassettes
64. Dead plants / flowers
65. Ill-fitting shoes
66. Old nail varnish
67. Excess furniture
68. Out of date newspapers
69. Unusable candles
70. Unneeded takeaway menus
71. Broken garden ornaments
72. Worn / misshapen clothes
73. Excess/damaged tupperware
74. Excess trays / saucepans
75. Sports equipment unused
76. Unused outside play things
77. Outside furniture unneeded
78. Un-liked food
79. Old calendars / diaries
80. Excess kids artwork
81. Decorating / DIY supplies
82. Old computer games
83. Anything to return to owner
84. Anything for the tip/dump
85. Old debit/credit/loyalty cards
86. Out of date vouchers
87. Anything not needed in car
88. Excess loose change
89. People making you unhappy
90. Things you don't enjoy
91. Junk/Spam email
92. Bad/blurred digital photos
93. Rusted/tangled jewellery
94. Unworn clothes accessories
95. Excess coat hangers
96. Unloved cuddly toys
97. Excess kitchen serving items
98. Almost empty drinks bottles
99. Items at bottom of handbag
100. Your mind!
101. All the bins in your home - empty them and you're done!

TICK OFF AS YOU DECLUTTER...

" 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... "