

---

# Decluttering Checklist

---

*Slowly but surely transform your home  
as you check each category off your list.*

# Wardrobe

---

- Tops & bottoms
- Dresses, jumpsuits, & overalls
- Outerwear
- Loungewear
- Formalwear
- Activewear & swimwear
- Uniforms & costumes
- Undergarments
  - Bras, panties, shapewear, & briefs
  - Socks, stockings, & tights
- Accessories
  - Shoes & slippers
  - Bags, purses, & wallets
  - Belts & suspenders
  - Scarves & handkerchiefs
  - Jewelry & watches
  - Sunglasses & shades
  - Hats

# Grooming

---

- Haircare tools & supplies
- Skincare tools & supplies
- Makeup tools & supplies

- Body care tools & supplies
- Oral care tools & supplies
- Shower tools & supplies
- Other toiletries

# Documents

---

- Mail
- Government documents
- Statements and receipts
- Business cards
- Manuals
- Notebooks and diaries

# Stationery

---

- Office tools  
(staplers, punchers, white boards, etc.)
- Paper goods  
(blank papers, folders, etc.)
- Writing materials and supplies
- Crafting & art materials
- Wrappers and packaging

## Books

---

- Fiction books
- Non-fiction books
- Magazines and digests
- Textbooks and yearbooks
- Cookbooks
- Kid's books
- Reference materials  
(dictionaries, phone books,  
manuals, newspapers, etc.)

## Kitchenware

---

- Appliances  
(stoves, toaster, ice cream maker,  
coffee machine etc.)
- Pans, pots, & griddles
- Cooking utensils & accessories
- Baking utensils & accessories
- Aprons & mittens
- Pantry supplies
- Refrigerated items

## Dinnerware

---

- Dining utensils
- Dishes & bowls

- Glasses, cups, & mugs
- Drinking tools  
(pitchers, ice buckets, shakers,  
straws, etc.)
- Trays, placemats, & coasters
- Food containers, tumblers, &  
lunchboxes
- Disposable containers & utensils

## Linens

---

- Tablecloths, runners, & table  
napkins
- Sheets, comforters, throws, &  
pillowcases
- Curtains & window treatments
- Towels & hand towels

## Homeware

---

- Household hardware  
(power tools, plumbing &  
electrical supplies, etc.)
- First aid & medicine
- Cleaning tools & supplies
- Laundry tools & supplies
- Ironing tools & supplies
- Gardening tools & supplies
- Sewing tools & supplies

- Vehicle care
- Pet care
- Emergency tools & supplies
- Home accessories & decor

## Recreation

---

- Gadgets, electronics & multimedia
- Exercise & sports equipment
- Toys & games
- Hobby items
- Relaxation goods  
(candles, aromatherapy, massage oils, etc.)

## Sentimental

---

- Photos
- Letters
- Souvenirs
- Awards & certificates
- Memorabilia
- Personal collections

---

# Decluttering FAQ

---

*Sometimes, all you need to get started  
is answers to some of your most  
pressing questions.*

# DECLUTTERING FAQ

---

## *Frequently Asked Questions About Decluttering*

### Which is better: decluttering in one go or decluttering little by little everyday?

Depending on your work style, you might declutter your entire space in one huge burst or you might declutter each area of your home slowly but surely.

You can definitely use either approach to achieve the same results. But if you want a home that truly *stays* clutter-free, make sure that you're *thorough* with your decluttering.

Go through *every* nook and cranny of your home and actually kick the clutter out! Don't just hide it in a random storage area for you to rifle through again. Truly, thoroughness is key.

### How can I declutter sentimental items?

Sentimental items tend to be the hardest category to declutter. If you're having difficulty letting go of a particular item, try taking a picture to preserve the memory instead. Pictures, especially digital ones, take up a lot less space than personal collections or other memorabilia. They also do a more than satisfactory job of helping you recollect old memories.

But don't be pressured into getting rid of your sentimental items! If you have the space for them and if you're keeping them out of joy (not guilt or fear), keep them confidently and wholeheartedly.

# DECLUTTERING FAQ

---

## *Frequently Asked Questions About Decluttering*

### Why even declutter? Isn't it wasteful to get rid of things that can still be used?

It may seem like a waste to rid our spaces of perfectly useful things. After all, we spend quite a bit of time and money acquiring our possessions. But just because something *could* be useful to you, doesn't mean it actually is or will be.

When we make room for clutter, we're actually giving up a lot of our other resources for it. **We end up spending extra time, energy, and money for upkeep, as well as giving up precious space in our homes—all so we can keep things we don't actually need, use, or love.** If anything, it's more wasteful to keep clutter around than to get rid of it. As long as you distribute and dispose of your clutter responsibly, you'll do more good than harm.

### I want to get decluttered, but I don't know where to start. What are your suggestions?

The best place to start decluttering is your closet! Not only will you see and appreciate the results each time you get dressed, you'll also gain momentum in knocking off a relatively easy decluttering category. But whatever you do, *don't* declutter randomly.

When your aim is a truly clutter-free home, having a plan is your best bet. (Pro-tip: It's easier to be thorough when decluttering by category vs. by area. Use our checklist for best results!)



# ALI WALAS.PH

---

YOUR ONLINE RESOURCE  
FOR LIVING CLUTTER-FREE

---