



*The
Organised You*
TAKE BACK YOUR LIFE

PURGE & DECLUTTER

80 THINGS YOU COULD GET RID OF TO CREATE
A MORE ORGANISED AND CLUTTER-FREE HOME



jo@theorganisedyou.com
www.theorganisedyou.com

80 THINGS YOU CAN PURGE TO DECLUTTER YOUR HOME

GENERAL RULES

1. Any item that does not bring you joy
2. If it is not being used or is unlikely to be used
3. If it is very tatty
4. If it is useless
5. If you've been holding onto an item because 'it might come in handy one day'
6. Ditto for those 'just in case' items
7. Any items in your home that are broken beyond repair
8. Projects you have been meaning to get to for years, but never have
9. Anything in your home that you look at and really don't like
10. If you haven't used or looked at it in over a year
11. If it doesn't belong to you (put it in a 'returns' pile)
12. Things in storage that you haven't used in the past year or you'd forgotten were even there!
13. Anything that makes you feel sad or guilty

KITCHEN

14. Kitchen gadgets you never use
15. Anything that you will never eat or drink i.e. specialty teas, jams or relishes that you were 'trying out' or items given as a gift that you don't particularly like

- 16.** Expired or rotten food from the pantry, fridge or freezer
- 17.** Take-away menus to restaurants you never order from, or for which you can find the menu online
- 18.** Excess items in the kitchen that don't get used i.e pans, trays, platters, crockery
- 19.** Grotty plastic containers
- 20.** Containers without matching lids
- 21.** Spare lids
- 22.** Anything for which you've got multiple numbers i.e. 3 peelers, 4 pairs of tongs. Ask yourself how often you really need or use multiples of this item, and try to reduce it at least to 2 of the best
- 23.** Cookbooks you never read/use
- 24.** Excess glassware, mugs, cups
- 25.** Excess mixing bowls
- 26.** Extra sets of crockery that you never use
- 27.** Bottles of alcohol that you'll never drink

WARDROBE

- 28.** Items you haven't worn or looked at in a year
- 29.** Clothes that don't fit comfortably
- 30.** Clothes that are too tight
- 31.** Clothes that are too big - also known as the 'just in case' items!
- 32.** Clothes that are worn out

- 33.** Clothes that don't make you feel good
- 34.** Shoes that are uncomfortable or pinch
- 35.** Shoes or clothes that are beyond repair
- 36.** Any items you're holding onto just because you spent lots of money on them
- 37.** Items that still have their tags on in your wardrobe - donate or gift to someone else
- 38.** Clothes that don't have a coordinating piece or a 'match'
- 39.** Duplicate or look-alike clothing e.g. 5 pairs of black pants

LAUNDRY & LINEN

- 40.** 'Extra' bedding, pillows and blankets that you never use
- 41.** Excess towels - 2 towels per person should be sufficient
- 42.** Tatty tea-towels
- 43.** Medicine past its use-by-date
- 44.** Cleaning supplies you don't use/need - only stock the essentials
- 45.** Cleaning cloths, sponges or rags that you don't use - have 1-2 good sets of cloths and replace when necessary

BATHROOM

- 46.** Makeup past its use-by-date
- 47.** Beauty supplies you no longer like/use
- 48.** Beauty appliances you no longer like/use (i.e. crimper, curler, extra hairdryer)
- 49.** Creams or lotions given as a gift that you know you'll never use

HOME OFFICE

- 50.** Magazines, newspapers, articles. If you can't bear to throw them out, then only keep the article that absolutely spoke to you and gave you essential information. Create an archive folder of these articles, or scan each one and create a digital archive folder — discard the original that's taking up space
- 51.** Books - only keep treasured books or ones that you really love & will read again
- 52.** Printed photos that are of bad quality or that you never look through
- 53.** Phone books
- 54.** Excess paperwork - go through everything thoroughly and only keep what you really need. Most bills, bank statements etc can be accessed online so change your preferences with each specific company to receive it electronically and reduce the amount of paper coming into your home
- 55.** Desk clutter - only keep the things that you need easy access to or that make you feel calm in your work-space e.g. vase of flowers or a candle
- 56.** Excess stationary that you'll never use
- 57.** Pens that no longer work
- 58.** DVDs or CDs you no longer watch/listen to
- 59.** Video games that no longer get played
- 60.** Most manuals for items you've purchased, as the information can usually be found online
- 61.** Tax records past 7 years - shred anything beyond this
- 62.** Miscellaneous cords and cables that you can't assign a purpose to. Sort existing cords by attaching masking/washi tape and recording what the cord is for
- 63.** Your old schoolbooks & papers - ask yourself honestly when the last time was that you actually looked through these? Keep a few of the more important pieces in a memory box

KIDS' BELONGINGS

- 64.** Baby items, if you are past the baby stage
- 65.** Baby clothes - donate or pass onto a friend, keep a few special pieces for the memory box
- 66.** Mouldy bath toys
- 67.** Stuffed animals that don't get played with
- 68.** Old school papers from the kids - only keep the special or significant pieces of work
- 69.** All of you child's artwork pieces - take photos of each one and create a photo book, and only hold onto the really special pieces
- 70.** Toys that are no longer played with, are broken, or are missing parts

A FEW MORE DECLUTTERING IDEAS...

- 71.** Sewing supplies that are no longer used
- 72.** Ugly, broken or excess Christmas decorations
- 73.** Excess craft or scrap-booking supplies
- 74.** Decorative items you don't love
- 75.** Candles and candle holders you never use
- 76.** Old batteries
- 77.** Tools or hardware that no longer work or never get used
- 78.** Clutter on your bedside table
- 79.** The bits and pieces in your handbag that you don't use or need
- 80.** Any cards in your wallet that you no longer use or need

Which area of your house are you going to start with?

**Which items would you be able to easily and quite happily
get rid of?**

Want to be more productive and efficient each and every day?
Want to create more *calm and order* in your life?

Check out The Productivity Pack:

<https://courses.theorganisedyou.com/p/productivity-pack>

For only \$7, the Productivity Pack will help you to stay on top of your to-do's, set goals, plan your time and create routines, all in one place!