

100 Things to Declutter Right Now

Simplify your life and create more space.

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Bedrooms:

- 1. Clothes that no longer fit or are out of style
- 2. Old and worn-out pajamas
- 3. Unused or broken jewelry
- 4. Damaged or mismatched socks
- 5. Uncomfortable or worn-out pillows
- 6. Unused bed linens
- 7. Outdated makeup and beauty products
- 8. Old and worn-out slippers
- 9. Broken or unused accessories (e.g., belts)
- 10. Old and worn-out handbags
- 11. Expired cosmetics and skincare products
- 12. Unwanted or unused gifts
- 13. Old and damaged umbrellas
- 14. Clothing with stains or holes
- 15. Items that haven't been worn in over a year
- 16. Out-of-season clothing
- 17. Uncomfortable or ill-fitting shoes



Kids' Stuff:

1. Outgrown clothing and shoes

2. Broken or unused toys

3. Damaged or outdated school supplies

4. Worn-out backpacks

5. Outgrown baby gear

Expired car seats

7. Noisy toys that you can not stand

8. Worn out shoes

9. Old coats



Bathroom:

1. Expired or unused toiletries

2. Old and worn-out towels

3. Empty or near-empty product bottles

4. Unused or expired medications

5. Old toothbrushes

6. Broken or unused hair accessories

7. Expired sunscreen

8. Outdated cleaning supplies

9. Unused or expired medications

10. Old or mouldy bath toys



Office/ Study:

- 1. Old and irrelevant paperwork
- 2. Unused notebooks and planners
- 3. Broken or outdated office supplies
- 4. Outdated technology (e.g., old laptops)
- 5. Old and unused pens
- 6. Expired coupons and vouchers

Finances:

- 1. Old receipts and invoices
- 2. Expired coupons
- 3. Unnecessary credit cards
- 4. Outdated budget plans
- 5. Unused or expired gift cards

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Car:

Empty water bottles and trash
 Old maps and outdated travel guides
 Unused car accessories
 Old registration and insurance documents
 Unneeded baby car seats or boosters
 Unused air fresheners

Home Maintenance:

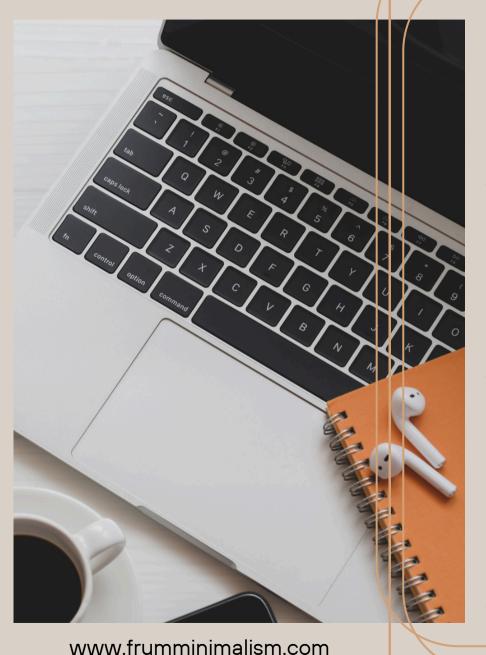
- 1. Broken or unused tools
- 2. Expired fire extinguishers and smoke detectors
- 3. Outdated or unused paint and supplies
- 4. Broken or inefficient home appliances



Kitchen:

Duplicate kitchen tools and gadgets Outdated spices and herbs Expired condiments and sauces Unused or broken travel mugs 5. Old and mismatched food storage containers Expired pantry items 6. Single use items Broken or unused kitchen appliances Broken or chipped dishes and cups Single-use plastic utensils and containers 10. 11. Excess coffee mugs 12. Tiny pots no one uses 13. Small Tea Cups your Corelle set came with

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Time Management:

Unnecessary commitments and obligations

2. Time-consuming or unproductive habits

3. Procrastination-inducing items (e.g., clutter)

Old and unused planners

Self-Care:

Unhealthy snacks and foods

2. Unused or expired vitamins and supplements

Broken or ineffective exercise equipment

4. Uncomfortable or worn-out workout clothes

5. Old and worn-out personal care items (e.g., hairbrushes)

Relationships:

Toxic or negative relationships

Unhealthy social media connections

Unresolved conflicts

Unnecessary social commitments