

Intentionally Simple: The Decluttering Checklist

This checklist is designed to help you reclaim your space through gentle, intentional action. Check one box a day, or move at your own pace.

- The Junk Drawer: Empty it completely. Only put back what you use weekly.
- The Medicine Cabinet: Safely dispose of expired prescriptions.
- The Fridge Door: Remove the magnets and menus you no longer need.
- The Bookshelf: Donate the books you know you will never read again.
- The 'Project' Pile: Admit you are not going to fix that broken lamp. Let it go.
- The Car: Clean out the glove box and the trunk.
- The Entryway: Create a 'landing strip' for keys and bags.
- The Nightstand: Keep only items for sleep (book, lamp, water).
- The Linen Closet: Pair down to two towels per person.
- The Digital Desktop: Organize or delete old files and shortcuts.