

MINIMALISM CHECKLIST

What to get rid of

Here's a room by room guide of suggestions of things to evaluate and get rid of if they don't meet your standards of what you need, want, or love. This list is just a starting place. If something listed doesn't make sense for you, skip it. Minimalism looks different for everyone and is meant to give you more time and freedom.

Bathroom:

- Samples and products you never use - makeup, hair styling products, polish, etc
- Expired beauty products - makeup, shampoo, conditioner, soaps, nail polish, contact solution, lotions, etc
- Old glasses
- Duplicates - nail files, tweezers, nail clippers
- Broken styling products - hair dryers, straighteners, curling irons
- Extra/old toothbrushes
- Old towels and washcloths

Bedroom:

- Clean out nightstand
- Receipts - file/trash anything you find stashed in drawers or on surfaces)
- Cords/electronics - recycle at Best Buy
- Photos - put in appropriate frames or memory boxes
- Bedding - get rid of duplicate sets and anything you'd like to replace
- Pillows
- Decor - get rid of anything you don't absolutely love (picture frames, knick knacks, mirrors, candles, etc)
- Extra/unused furniture
- Unused lamps
- Books - put them on a shelf or donate them

Kitchen:

- Extra pots, pans, dishes
- Duplicate cooking utensils
- Cookware you never use
- Cupcake pans
- Casserole dishes
- Cookie sheets
- Formal dishware you never use
- Wine glasses
- Mismatched dish sets
- Shot glasses
- Silverware
- Glasses

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- Plastic cups
- Water bottles
- Kids' dishes
- Tupperware
- Appliances - blender, crock pot, griddle, coffee maker
- Extra bowls
- Expired food
- Junk drawers - batteries, coozies, user manuals, pens, nails/screws/tools, matches, lighters, things that don't belong
- Under the sink

Living Room:

- Furniture - better to live with a bare room than a room full of stuff you hate
- Pillows
- Picture frames
- Wall hanging
- Baskets
- Curtains
- Shelves
- Mirrors
- Clean out cabinets
- Candles
- Greenery
- Vases

Storage:

- Seasonal decorations
- Out of season clothes
- Baskets
- Cleaning Supplies
- Extra supplies - lightbulbs, batteries, etc
- Furniture
- Old toys
- Cords, electronics
- Recreational things
- Trash