

spring cleaning

step 1: declutter

- When was the last time I used this item?
- Is it still in nice condition?
- If I were shopping right now would I buy this item?

bedrooms

- worn out clothing
- clothing you no longer wear
- worn out bedding
- worn out shoes & shoe boxes
- shoes you no longer wear
- worn out swimwear
- broken hangers
- broken jewellery
- odd earrings
- worn out bags/purses
- odd socks or gloves
- worn out slippers
- worn out pyjamas
- again, any of these items you no longer use

kitchen

- expired food
- chipped glasses or crockery
- broken or unused utensils
- worn out carrier bags
- old take-away menus
- old/unused cleaning products
- unused/empty jars and bottles
- chipped/unused mugs
- worn out rubber gloves
- old sponges & cloths
- dried or empty pens

bathrooms

- worn out towels & bath mats
- old toothbrushes
- old razors
- expired make-up & skincare
- expired medicines
- dried-up nail polish
- half-empty unused bottles

living areas

- old magazines
- old dvd's, cd's & books
- electrical chargers no longer used
- mobile phones no longer used
- old receipts no longer needed
- old letters no longer needed
- games with missing pieces
- worn out blankets
- worn out cushions/cushion covers
- remote controls no longer needed
- flat batteries
- old wrapping paper
- old birthday/christmas cards
- broken vases or ornaments if cannot be fixed