

# 100 Things to Get Rid of In Your Home: The Simple Way to Begin Your Decluttering Journey

When you first decide to take the plunge in the world of decluttering, the first feelings that come up are those of overwhelming proportions. Guilt and shame, sprinkled with perfectionism and procrastination can stop you dead in your tracks. Your natural instinct is to preserve. You begin to think of all the things you simply cannot part with. What if you will need it someday?

You get on your computer and Google all the words and phrases pertaining to decluttering hoping for the answer you want to show up magically. This takes you to link after link searching for one sight to speak to you. You search and search only to find bits of information that are geared to bait you into buying another product you don't need. Yet you continue to search like one who plays the slot machine hoping for the jackpot.

The day goes by and before you know it, the kids are home from school raiding the kitchen cupboards and refrigerator for an after school snack. You forgot to decide what's for dinner. You didn't take out the meat from the freezer to thaw. Soon your dear husband will be home from work. Panic sets in leaving you no choice but to just order pizza for the second time this week.

If you are like most, you will do this all over again tomorrow. The tomorrows turn into weeks, with the weeks turning into months. You realize you are no farther ahead than you were a few month ago.

## **Physical clutter can cause stress and leave you less focused.**

As many of us know, things easily pile up around the house but the more on top of it you stay, the easier it is to maintain. Whether you take it slowly over the course of a few weeks or plan to tackle it in one weekend, commit to the decluttering project and aim to keep it up throughout the year.

If you want some ideas to spark the decluttering bug inside you, I wrote this e book to help you get unstuck by creating a list of 100 Things To Get Rid Of. It is divided into 9 separate areas list items that are obvious to a born organized person but a challenge to ones who get easily sidetracked. As an appreciation for purchasing my book I am giving you a free download of the items I talk about in a checklist form you can use as you begin a simple way to declutter your home.

# Chapter 1

## Kitchen Clutter

If you want to work your way into a clutter free home, start with your kitchen. Most kitchens are full of clutter. We have cupboards and shelves and drawers full of cooking utensils, gadgets, things we thought we needed. And then there are the items we bought for a one-time use.

Kitchens are well known for becoming collection areas for all kinds of various odds and ends. Usually most floor plans the garage is attached to the side where the kitchen is located. Our natural instinct is to set the things down we carry in and the first stop for many is the kitchen. It is unintentional, but things like mail, kid's homework, purses, keys, and almost everything in your junk drawer probably needs to be relocated to another area of your home. But first, let's look at some natural items that we can get rid of. If you want to keep the items just mentioned in the kitchen dedicate a cabinet to place these things. When it gets full, come back to this checklist and remove the following items to create space again.

### **Kitchen**

1. Expired food and condiments in the fridge
2. Frozen food so old you don't even remember what it is
3. Expired spices
4. Leftover seasonal or themed party plates or napkins you'll never use again
5. Plastic containers with missing lids
6. Chipped coffee cups
7. Duplicate utensils or tools
8. Rusted or broken tools or appliances
9. Cracked ice cube trays
10. Cookbooks you never open
11. Extra water bottles
12. Takeout chopsticks
13. Takeout condiment packets
14. Takeout menus
15. Old sponges
16. Ratty dish towels
17. Extra flower delivery vases

As you can see, removing like items just listed, will create space in your kitchen that will lead to a clutter free one. You will begin to spend more time in there to cook and bake and meal plan. It will be easier when everything has a home you can reach for without the things in the

cupboard falling out or the one I hate is having to take out a bunch of items just to get to the one you want to use.

## Chapter 2

### Bathroom

The bathroom is another high traffic area that can easily become cluttered. Most mornings we are rushing to get ready. One of the fastest ways in slowing you down is a cluttered bathroom. Removing items like the following list will shave minutes of time off your morning. You will begin to eat breakfast again and actually enjoy those first few cups of coffee in the morning.

#### **Bathroom**

18. Expired makeup
19. Expired sunscreen
20. Stretched-out rubber bands
21. Old toothbrushes
22. Ratty washcloths
23. Extra towels (Two to three per person is enough)
24. Loofahs that have seen better days
25. Dried-up nail polish
26. Extra bath products
27. Extra cleaning supplies
28. Half-empty perfume samples
29. Extra travel-sized toiletries
30. Potpourri that's lost its scent
31. Fancy bar soap you'll never use
32. The disposable razors you purchased but realized you hated using
33. Extra promotional makeup bags
34. Expired medicine

The number one problem to any room is keeping more things in that space than it is intended. Bathrooms are notorious for this.

## Chapter 3

# Cluttered Bedroom

If your kitchen and bathroom are full of clutter, the next place the overflow is going will be the bedroom behind closed doors. Don't know where to put it? Stick it in the bedroom.

Imagine going to sleep every night and waking up each morning in a clean, clutter-free bedroom. When I decided to take a personal challenge to go from a 5+ year pajama junkie to a person that got dressed to shoes, two weeks prior I spent time in my bedroom taking out everything that didn't belong and detail cleaned it. I wanted a peaceful place to lay my head down and a clutter free bedroom to wake up in. Some say after the kitchen it is the bedroom that is next in priority to keep clutter free if you want to change.

## Bedroom

35. Books you've already read
36. The stack of magazines you'll never have time to read
37. Old pillows (They should be replaced every year.)
38. Excessive decorative throw pillows
39. The side chair you throw all your clothes on
40. Broken window blinds
41. Yellowed lampshades
42. Papers you don't need any longer
43. Old cell phones or tablets
44. Costume jewelry you don't ever wear
45. That cup/bowl/bucket of loose change (Cash it in!)
46. Candle stubs

Working on eliminating the above will give you an even clearer picture as to how you want your bedroom to look and feel. With all the pressures of today and tomorrow, you owe it to yourself to have room that you can get away from it all.

## Chapter 4

### Bedroom Closet Clutter

If you think your bedroom can become a clutter magnet, step into a bedroom closet. It seems many if they don't know where to put it, the first place they think of is the bedroom closet where it is farthest away from you. In fact so far away from you that it can be easily forgotten. That is where duplicate things learn to breed in your home.

Many have a difficult time getting dressed in the morning. Soon, the kids are coming home from school or dear husband home from work and you are still in your pajamas. Sure they are nice and comfortable but have you ever thought how it may appear to your loved ones that come home from activities such as school and work? They don't dare ask someone to come over because they don't want to become embarrassed that you are still in your pajamas. It is time to purge your closet and choose a handful of clothes you can wear at home that allows you to look put together and be able to leave on a moment's notice.

To begin, the following is a list of 11 items you can remove from your closet and create a space for the clothes you wear when at home. Statistics say you will get more done when you are dressed for the day. Your brain is telling you, "Get to work".

### **Bedroom Closet**

47. Clothes you don't wear anymore
48. Clothes that don't fit
49. Uncomfortable shoes
50. Old formal dresses you'll never wear again
51. Wire hangers
52. Socks missing their match
53. Gloves missing their match
54. Ratty or stained scarves
55. Broken purses
56. Extra canvas bags (Have enough for groceries and get rid of the rest.)
57. Hats you never wear

As you can see, the list of items are ones that can easily be rid of. If you are having a problem with the formal dresses, take a digital photo of it. It isn't the dress that you are afraid you will forget. It is the memories while you were wearing the dress. Seeing a digital photo takes care of your dilemma. How many more times do you want to pick up a sock that doesn't have a mate?

## **Chapter 5**

### **Kids Rooms**

Children have a way of accumulating things: from toys to arts & crafts, mementos and clothes that don't even fit. Where is all this stuff housed? In their room of course. The birthdays and the Christmases keep coming. When you ask your child to go clean their room, you see the dilemma they are faced. The following are seven items you can help them get rid of.

## **Kids Rooms**

58. Dried-out markers and art supplies
59. Broken crayons
60. Broken toys
61. Clothes they've grown out of
62. Toys they don't play with anymore
63. Furniture they're too big for now
64. Extra artwork

Spending time teaching them how to decide what to get rid of will help them in the future and become a very important life skill.

Just a thought. How does your bedroom look? Is it clean and uncluttered? If not, how can you expect them to do the same? Not only this, can you see how taking care of your room as a child can relate to your bedroom of today?

## **Chapter 6**

### **Living Room**

The living room is one place where everyone comes together to hang out. Next to the kitchen it is the next dumping ground for everyone's stuff. Not only this but many like to use the family sofa to put clean clothes they plan to fold and with good intention. Put aside the obvious clutter, there are 7 things you can get rid of that you may not have thought about.

#### **Living Room**

65. Extra candles
66. The rug you keep tripping on
67. Magazines you've left out on the coffee table
68. Remotes that belong to old TVs
69. Dead plants
70. Knickknack decorations that don't add anything
71. Broken, scratched or stained furniture

Ways to keep clutter at bay are to have side tables and ottomans with hidden storage. When things begin to overflow on them, you know it is time to go through this list again.

# Chapter 7

## Home Office

Some are lucky enough to have a room dedicated as a home office. For the rest of us the two rooms they want to hang their hat in are kitchens and bedrooms. This gives many an extra challenge. Whether you have a separate space or not, there are 5 things that can pile up before your very eyes.

### Home Office

72. Old papers and bills you don't need any longer
73. Outdated or broken technology
74. USB cords to things you don't use anymore
75. Excessive paper clips or rubber bands
76. Old DVDs or CDs you don't play anymore

My home office is in my kitchen. I am lucky enough to have some extra cupboard space where I can store office like things. Having said that, hot spots can easily develop when I run out of space to put things. That is when I schedule some time to rid myself of the 5 things listed. Paperwork is one of the top nemesis to all. It took lots of extra time for me to rid myself of all the paperwork I felt I needed to keep.

# Chapter 8

## Hall Closet

It is sad that the hall closet can also be a catch all. We as humans find it natural to fill up space and it usually isn't the things that the area is intended for. You will find a dozen things that fill this space up and soon, there is no room to hang your coat. It ends up either in the kitchen or the living room.

### Hall Closet

77. Moth-ruined coats or scarves
78. Broken umbrellas
79. Almost-empty rolls of wrapping paper
80. Broken items
81. Extra blankets you never use
82. Just-in-case gifts you keep on hand but never use

83. That old vacuum that doesn't suck
84. Old holiday decorations you don't use anymore
85. Plastic bins that just take up space
86. The air bed that sinks when anyone gets on it
87. The ratty old suitcases you never use anymore
88. Dusting cloths that have seen better days

## Chapter 9

### Garage

How many have garages but no space available for their car? It is more common than most think. In fact if you plan to build a home the bank will give you the loan granted in a good credit rating but also requires you to build a three stall garage. Here are the last dozen of the 100 Things You Can Get Rid Of In Your Home.

#### **Garage**

89. Broken, rusted or duplicate tools
90. Sports equipment that no longer gets used
91. Deflated sports balls
92. That old refrigerator that doesn't work anymore
93. Things you're saving for a future garage sale that's never going to happen
94. Old potting soil you no longer need
95. Extra paint for a color that's no longer in your house
96. Unfinished DIY projects that will never get completed
97. Extra home improvement supplies that you'll never need
98. The picnic basket you haven't used in years
99. Boxes for appliances or gadgets you're saving just in case
100. The folding card table that's scratched or broken

### In Conclusion

Many on the list can be a no brainer. The problem is many are overwhelmed with information overload and trying to keep ones family afloat, these items are things that simply have no time in your mind. If that is the case, why not begin to work on these lists a little at a time and begin to see your home transform. You will be exercising those decluttering muscles getting them in shape for some of the sentimental items that are difficult to decide if you have space or even want them anymore.



## A Gift for You!

Thank you for purchasing my e-book! As a gift I am giving you a Free Download Checklist of 100 Things to Get Rid Of In Your Home. Keep this in your home management binder checking off the items when you finish them. In no time they will be removed from your home, sparking you to continue your decluttering journey.

[Free 100 Item Checklist](#)

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Marilyn's Way Home Keeping Made SIMPLE