

DECLUTTERING CHECKLIST

Bowls and Boxes

Bowls and boxes are magnets for clutter. I'm not sure how the marbles, playing cards, pens and jam jar lids got into my fruit bowl but I am sure they shouldn't be there and that my life would be better if they were not there!

Just look around your home and find the first bowl, box or container, look into it, no need to tip it out, and just pick out 5 things that you don't need any more. If you can't find 5 things in the first container, move onto another.

Ask yourself:

- Should it be there?
- Should it be thrown away?
- Is it part of something else long gone or broken?
- Do I like it?
- Do I need it?
- Do I want it?

Broken things count as part of your 5 a day declutter and if they can be recycled rather than thrown out that is even better.

The idea is to declutter in small easy chunks so you don't get overwhelmed and never do it.

If you find lots of things that should be in other rooms it might help you to have a new container for things that live elsewhere—One at the bottom of the stairs for things that live upstairs helps me.

**Just 5 minutes for 5 things.
It's easy.**

Colour in the stars when you have done them.



Have nothing in your house that you do not know to be useful, or believe to be beautiful.
William Morris.

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