
Bedroom Declutter Checklist

Start with one drawer or shelf. Review each item, keep what serves you, and let the rest go at your own pace.

36 items · 3 pages · A4 · English

- ☐ Beds or pillows that affect sleep quality
 - ☐ Blankets that provide no warmth
 - ☐ Cheap hangers from clothing stores or dry cleaners
 - ☐ Cheap jewelry not worn for a year
 - ☐ Cheap, outdated overcoats
 - ☐ Clothes that haven't fit for the past year
 - ☐ Clothes with tags still attached after months/years
 - ☐ Clothing from a previous version of yourself (old jobs/lifestyles)
 - ☐ Commemorative shirts / old school uniforms / childhood clothes
 - ☐ Crystal bead curtains that collect dust easily
 - ☐ Decorative pillows or throws that aren't worth the daily effort
 - ☐ Dry-clean-only items you avoid wearing
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Notes / next small step

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☐ Dull or difficult-to-use nail clippers, scissors, or eyebrow razors

☐ Dust-collecting bags you no longer carry

☐ Duvet covers with broken zippers you don't intend to fix

☐ Extra throw pillows or plush toys

☐ Faded or yellowed pillowcases/cushion covers

☐ Ill-fitting clothes gifted by others

☐ Items in the nightstand unused for three months

☐ Items kept out of guilt (expensive mistakes)

☐ Items stored under the bed but never used

☐ Old bedsheets you no longer want to use

☐ Old heavy quilts that have been around for many years

☐ Old-fashioned clothes hangers

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- ☐ Perfumes you dislike or never spray
 - ☐ Rugs/mats not cleaned for two years
 - ☐ Sanitary pads stockpiled for over two years
 - ☐ Socks with holes or missing their pair
 - ☐ Souvenir clothes bought during travel but never worn
 - ☐ Sunglasses not worn for two years
 - ☐ Sweaters with excessive pilling that can't be fixed
 - ☐ T-shirts/shirts with stretched collars or stains
 - ☐ Uncomfortable loungewear or pajamas
 - ☐ Unused storage boxes, bins, or bags
 - ☐ Very old, worn-out pillows
 - ☐ Yellowed white clothes
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Notes / next small step
