Smartphone Declutter Checklist

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

21 items · 2 pages · A4 · English

- [ ] An excessive variety of phone wallpapers
- [ ] Apps that are addictive and consume too much time and energy
- [ ] Chat groups where you never speak
- [ ] Contacts you never communicate with
- [ ] Downloaded maps for trips that are over
- [ ] Duplicate notes and completed shopping lists
- [ ] Duplicate or unwanted photos on camera roll
- [ ] Expired tickets and passes in your mobile wallet
- [ ] Foreign language learning apps you have never used
- [ ] Notifications for apps you never look at
- [ ] Offline videos and podcasts you have finished
- [ ] Old voice recordings after saving anything important

Notes / next small step

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- [ ] Paid app subscriptions you no longer need
- [ ] People who frequently post advertisements in your social feed
- [ ] Public accounts you never read
- [ ] Random screenshots or temporary files on desktop
- [ ] Saved tabs or browser bookmarks no longer needed
- [ ] Unneeded files in downloads folder
- [ ] Unsubscribe from all promotional emails
- [ ] Unused widgets and home-screen shortcuts
- [ ] Useless chat histories

Notes / next small step