

Checklists!



Decluttering *Checklist*

KITCHEN

Expired food	<input type="radio"/>
Plastic cutlery	<input type="radio"/>
Stained containers	<input type="radio"/>
Old pantry food	<input type="radio"/>
Old mugs	<input type="radio"/>
Unused appliances	<input type="radio"/>

BATHROOM

Old travel sized items	<input type="radio"/>
Expired makeup	<input type="radio"/>
Expired medicinal products	<input type="radio"/>
Old toothbrushes	<input type="radio"/>
Dried nail polish	<input type="radio"/>
Duplicate items	<input type="radio"/>

BEDROOM / CLOSET

Old clothes	<input type="radio"/>
Old shoes	<input type="radio"/>
Unpaired socks	<input type="radio"/>
Unused items	<input type="radio"/>
Broken or unused accessories	<input type="radio"/>
Extra hangers	<input type="radio"/>

Decluttering *Checklist*

OFFICE

Old bills	<input type="radio"/>
Used notebooks	<input type="radio"/>
Dried pens and markers	<input type="radio"/>
Old menus and flyers	<input type="radio"/>
Used gift cards	<input type="radio"/>
Old calendars	<input type="radio"/>

GARAGE

Empty boxes	<input type="radio"/>
Loose screws and bolts	<input type="radio"/>
Old paint	<input type="radio"/>
Unused tools	<input type="radio"/>
Boxes unopened for over one year	<input type="radio"/>
Old party supplies	<input type="radio"/>

MISC

Unused linen	<input type="radio"/>
Expired cleaning products	<input type="radio"/>
Burned candles	<input type="radio"/>
Board games and puzzles with missing pieces	<input type="radio"/>
Outdated consoles, phones and cords	<input type="radio"/>
Old toys	<input type="radio"/>

HK.

Weekend

CHECKLIST

- ☐ PREP FOOD FOR THE WEEK
- ☐ NOURISH THE MIND
- ☐ GET OUTSIDE
- ☐ DO SOMETHING FUN AND OUTSIDE OF THE BOX
- ☐ RELAX
- ☐ DO THE DREADFUL TASK
- ☐ LOVE (FAMILY TIME)

GRATITUDE CHECK-IN

WEEK:

MONTH:

YEAR:

TODAY I'M GRATEFUL FOR

3 WORDS TO INSPIRE THE DAY

TOMORROW I LOOK FORWARD TO

SOMETHING I'M PROUD OF

TODAY I AFFIRM

TWO PEOPLE I'M GRATEFUL FOR

1.

2.

TODAY I FELT?

COULD BE BETTER

GREAT