

What Could You Let Go Of?

Practical candidates to consider without pressure or rushed decisions

These are prompts, not commands. Start with easy items and pause when more time or advice is needed.

1 Easy first wins

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|---|--|
| ☐ Broken items that are not worth repairing | ☐ Empty packaging and containers kept without a purpose |
| ☐ Duplicates beyond the quantity you regularly use | ☐ Mystery cords, remotes and keys after a reasonable identification attempt |
| ☐ Expired coupons, calendars, flyers and event information | ☐ Promotional items you do not use |
| ☐ Incomplete games or puzzles that cannot be replaced | ☐ Damaged baskets, bins or organizers |
| ☐ Unwanted gift bags and excess wrapping supplies | ☐ Dried-out pens, markers, glue and craft products |

2 Kitchen and food storage

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| ☐ Expired or spoiled food and freezer-burned items | ☐ Food-storage containers without matching lids |
| ☐ Chipped or cracked dishes that are unsafe to use | ☐ Duplicate gadgets, utensils and serving pieces |
| ☐ Appliances you no longer use | ☐ Excess mugs, bottles and reusable bags |
| ☐ Worn dish towels, mitts and cleaning cloths | ☐ Cookbooks and menus you no longer consult |

3 Clothing and linens

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| ☐ Clothing that no longer fits your life, comfort or needs | ☐ Items damaged beyond reasonable repair |
| ☐ Shoes that are painful or unsafe to wear | ☐ Duplicate coats, bags, belts and accessories |
| ☐ Formal or specialty clothing you are unlikely to use | ☐ Broken hangers and unmatched socks after a review period |
| ☐ Bedding, pillows and blankets beyond your practical needs | ☐ Worn towels and linens that cannot be repurposed safely |



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4 Living spaces and hobbies

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|---|---|
| ☐ Books and magazines you do not expect to read again | ☐ Decor that no longer feels meaningful or useful |
| ☐ Flat, stained or damaged cushions and throws | ☐ Old media and equipment you no longer use |
| ☐ Hobby supplies for activities you have decided not to continue | ☐ Toys and games no longer used by the household |
| ☐ Candles, planters and decorative containers past useful life | ☐ Furniture that is unsafe, damaged or unsuitable for future space |

5 Paper, office and digital

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| ☐ Outdated flyers, menus, catalogues and routine notices | ☐ Duplicate printouts and reference material available elsewhere |
| ☐ Business cards and notes that no longer have a purpose | ☐ Manuals for products you no longer own |
| ☐ Obsolete chargers and cables after identification | ☐ Old devices after important data is backed up and removed |
| ☐ Routine mail with no retention value, handled securely | ☐ Unused office and craft supplies beyond a practical amount |

6 Bathroom and personal care

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| ☐ Expired or deteriorated toiletries and cosmetics | ☐ Products you tried but do not use |
| ☐ Duplicate grooming tools and travel containers | ☐ Broken brushes, combs and hair accessories |
| ☐ Worn bathmats, robes, towels and washcloths | ☐ Hotel-size products without a realistic use or donation destination |
| ☐ Expired sunscreen and personal-care samples | ☐ Unused or expired medication for a current medication return program |



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7 Garage, storage and outdoors

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| ☐ Broken tools and equipment that will not be repaired | ☐ Scrap wood and leftover materials without a planned project |
| ☐ Empty plant pots and damaged outdoor decor | ☐ Sports or camping gear no longer used |
| ☐ Damaged luggage, coolers and storage bins | ☐ Surplus car-care, gardening and cleaning products |
| ☐ Old batteries, electronics and lights for approved recycling | ☐ Paint, propane and chemicals for designated drop-off |
| ☐ Seasonal items not used for several years | ☐ Large items that will not fit or serve a purpose in the next home |

8 Pause before releasing

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| ☐ Identity, legal, tax, financial, medical, estate, insurance or property records | ☐ Medication, medical sharps, chemicals, batteries, paint, propane and electronics |
| ☐ Devices that may still contain personal information | ☐ Jewellery, art, collections or items that may require appraisal |
| ☐ Photographs, heirlooms and belongings with family significance | ☐ Anything owned by someone else or affected by an unresolved agreement |

CHOOSE THE RIGHT DESTINATION

Clean, usable items may be suitable for family, donation or sale. Use approved programs for medication, electronics and hazardous materials, and protect personal information.

Keep

Family

Donate

Sell

Recycle

Dispose

Later