

- Spare buttons
- Old makeup
- Clothes that don't fit
- Books you've never read and won't
- Books you have read and won't read again
- Old magazines
- Anything that you can get the same information easily again online - this has been a biggie for me in decluttering! There is soo much you can get from a quick google search instead of stuff taking up space in your home
- Broken objects - knick knacks, furniture, electronics, etc.
- Old linens you never use - bedding, towels, curtains, etc.
- Chipped or cracked dishes, cups, etc.
- Out of date food
- Half finished projects
- Toiletries you won't use
- Dried up pens
- Clothes that don't suit your style
- Games/puzzles with pieces missing
- Chargers for phones you no longer own
- Kitchen gadgets you never use
- Artwork you don't enjoy
- Any earrings that don't have their partner
- Any shoes that don't have their partner
- Most manuals for items you buy (you can find all the info online)
- Scraps of wrapping paper that won't wrap anything
- Anything you have a duplicate of
- Old computers (destroy the hard drive first)
- Anything that is past it's best in the freezer
- Herbs and spices you never use
- tea/coffee you never drink
- Boxes from items you have bought
- Receipts from items you have kept and used
- Out of date medicines
- Socks with holes in them
- Old paint
- Toys no longer played with
- DVDs you have watched and won't watch again
- CDs you don't listen to any longer
- Anything recorded on your TV that you have been meaning to watch but haven't
- Recipe books you don't use (you can easily find recipes online)
- Bad photos (printed or on your phone or computer)
- Old pillows
- Any clothes that aren't flattering
- Any junk mail / old paperwork that is piling up
- Old hair products

- Broken hangers
- Anything that you are keeping because you feel guilty about spending money on it
- Crafting supplies you haven't used in a year or more
- Old and flattened pillows
- Flashlights that don't properly work anymore
- Any kind of craft project you've never finished (sewing, scrap booking, etc.)
- Memorabilia items that don't really mean much to you
- Old information packets you no longer need
- Suitcases you haven't used in 10 years
- Broken or unused kids' toys
- Candle holders you don't love or use
- Broken appliances
- Product samples you won't use
- Exercise equipment you don't use
- Furniture you never use
- Broken or unused pet toys
- Hats, scarves, or gloves you don't wear
- Gifts you don't want or need
- Stockings with runs in them
- Old batteries
- Outdated electronics
- Dried up glue
- Used ink cartridges
- Old calendars and personal planners
- Fabric scraps you haven't used
- Extra twisty ties in your kitchen drawers
- Anything broken that you don't intend to fix
- Greetings cards
- VHS tapes and audio cassettes if you haven't anything to play them on
- Dead plants/flowers
- Shoes that hurt when you wear them
- Excess furniture
- Out of date newspapers
- Used candles where the wick has worn down and can't be lit again
- Take out menus for places you don't go to
- Broken / worn out yard decorations
- Any tupperware or plastic storage containers with missing lids
- Excess baking trays / saucepans
- Sports equipment no longer used or that is broken
- Childrens outside play equipment that is faded, broken or past its best
- Outside furniture that has faded, broken, or is past its best
- Food in cupboards that you and the family don't like and won't eat
- Old calendars and diaries

- Kids artwork (take photos or scan instead so you still have copies but less bulk) – only keep really special ones
- Any decorating / DIY supplies that you don't require in your home (fixtures that you have since removed, old wallpaper etc...)
- Computer games that the children have outgrown
- Anything waiting to be returned to family/friends etc...
- Any old credit cards/debit cards/loyalty cards in your purse that you no longer need/use (cut up to ensure you can dispose of securely)
- Expired coupons
- Clean out your car - anything that you don't NEED in there
- Loose change
- Everything in your junk and spam email folders
- Rusted/tangled jewellery beyond repair
- Accessories that you don't wear
- Excess hangers
- Excess serving dishes in the kitchen – think about the biggest party you've had and what you actually used
- Receipts you no longer need
- Spare contact lens cases
- Puzzles with missing pieces
- Old nail files
- Broken jewelry
- Hotel key cards from past vacations
- Dictionaries
- Old potpourri
- Phone books
- Cosmetic bags you got for free but don't use
- Disposable cameras (get the photos printed first)
- Old textbooks from school
- Old papers or notebooks from your school days that you won't need again
- Musical instruments you no longer play
- Flower vases you never use
- Anything your kids have outgrown that you don't intend to save for your grand kids
- Random knick knacks
- Old party supplies
- Clothing with too many stains or holes to confidently wear
- Old makeup
- Expired sunscreen
- Key chains you don't use
- Old name tags or badges
- Excess pens and pencils (keep a few and then toss the rest)
- Frayed cords for your electronics
- Pieces of chalk that are so small you can barely use them
- Old cleaning supplies

- Extra shoe laces
- Paperweights (unless you have a compelling reason why you use these)
- Combination locks that you can't remember the combo to
- Travel mugs that leak or you never use
- Extra buttons when you don't even know how to sew
- Extra scissors if you have more than two pairs
- Broken ear buds or headphones
- Ticket stubs from movies or concerts
- Markers that are dried out or no longer have caps
- Old phone covers or screen protectors
- Bookmarks when you have more than one and never read more than one book at a time
- Cookie cutters that you haven't used in 3+ years
- Extra organizers that you don't use
- CDs you'll never listen to again (consider donating to your local library)
- Expired medication
- Old sneakers
- Board games with missing pieces that make it impossible to play
- Anything that no longer works
- Unloved stuffed animals
- Worn out underwear and bras
- Old teeth whitening trays or strips
- DVDs you'll never watch again (consider donating to your local library)
- Curling irons or hair straighteners that you don't use
- Old lip balm
- Belts that are worn out or no longer fit
- Extra tape measures
- Plastic cutlery
- Recalled baby items
- Miscellaneous ribbons or strings
- Old hard candy
- Video games you'll never play again
- Stretched out bobby pins
- Wall posters you'll never display again
- Random nails, screws, and anchors in your tool box that you have no idea where they came from
- Old greeting cards (keep or take pictures of the super sentimental ones but recycle the rest)
- Frayed or stained towels and washcloths (consider donating to a local animal shelter)
- Old magazines
- Gift cards with a \$0 balance
- Extra cups or mugs when your cabinets are always busting full with them
- Empty boxes (consider offering them to a friend who is moving in the near future)
- Old perfume

- Duplicate kitchen utensils
- Accessories you never wear
- Old stereos or boom boxes
- Old lotions and moisturizers
- Any decorative item you don't love
- Old notes or journals from high school
- Store reward cards you don't use
- Old sheets that are past their prime
- Old blankets that haven't been removed from your linen closet in 5 years
- Bridesmaid dresses
- Vacuum cleaner attachments that you don't even know what purpose they serve
- Hair ties that are too stretched out to use
- Worn out flip flops
- Old sunglasses
- Old remote controls
- Prescription eyeglasses that are no longer your prescription
- Incomplete decks of playing cards
- Free promotional items you'll never use (tshirts, pens, random knick knacks)
- Unmatched gloves
- Chargers for old electronics
- Old business cards
- Magnets (unless you currently use them)
- Broken Christmas lights
- Chopsticks and sauce packets from take out food
- Carpet remnants
- Filled coloring books
- Scratched nonstick pans
- Dried up nail polish
- Umbrellas that are bent or broken