

MINIMALIST BEGINNINGS

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# Declutter Starter Kit

*Your room-by-room guide to  
clearing the clutter — for good.*

A practical checklist + guide to help you declutter every room in your home without feeling overwhelmed, guilty, or burned out.

[minimalistbeginnings.com](https://minimalistbeginnings.com)

# Before you begin

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Decluttering can feel enormous. The goal of this kit is to make it feel small — one surface, one drawer, one room at a time.

This kit has two parts: a Master Checklist you can use as a quick-reference, and a Room-by-Room Guide with specific items to look at and questions to ask yourself in each space.

*"The goal isn't to declutter perfectly. The goal is to feel slightly less overwhelmed than you did an hour ago."*

## Three rules for this process

**Start smaller than feels necessary.** Not the whole room — one surface. Not the whole closet — one shelf. Finishing something small is better than abandoning something big.

**You don't have to decide everything today.** Use the "not sure" box. Put it away for 30 days. If you don't go back for it, you probably don't need it.

**Stop when it stops feeling productive.** Decluttering fatigue is real. Walk away. Come back tomorrow. Slow and consistent beats fast and burned out.

*You don't need a perfect home. You need a home that feels like yours.*

# Master Checklist

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Use this as your at-a-glance reference. Check off each area as you complete it.

## BEDROOM

- Wardrobe / clothing
- Shoes
- Nightstand drawers
- Under the bed
- Dresser top + drawers
- Books + magazines
- Jewellery + accessories

## KITCHEN

- Pantry + expired food
- Countertop appliances
- Pots, pans + bakeware
- Utensils + gadgets
- Mugs + glassware
- Junk drawer
- Cleaning supplies

## BATHROOM

- Medicine cabinet
- Under-sink storage
- Expired medications + products
- Towels + linens
- Makeup + skincare
- Hair tools + accessories

## LIVING ROOM

- Bookshelves
- Magazines + catalogues
- Decorative items
- Remote controls + cables
- Games + DVDs
- Storage baskets + ottomans

## PAPER + DIGITAL

- Mail pile
- Old bills + statements
- Instruction manuals
- Email inbox
- Desktop files + downloads
- Unused apps + subscriptions

# Bedroom

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The bedroom should be the easiest room to exhale in. It's also often where things get stashed when there's nowhere else for them to go. Start with your clothing — it's the highest-impact area.

## Clothing

- Pull everything out of your wardrobe at once if possible.
- Ask: Have I worn this in the last 12 months? Does it fit right now, not "when I lose a few pounds"?
- Keep only what you'd buy again. Let go of guilt-keeps — things you own because they were expensive or a gift, not because you wear them.
- Duplicates: keep the one you reach for every time.

## Nightstand + dresser

- Empty both completely. Only put back what you actually use in the bedroom.
- Books: keep the ones you're currently reading or genuinely plan to. The rest can go to someone who'll read them.
- The top of the dresser: aim for three items maximum.

## Under the bed

- If it's stored there intentionally and you use it seasonally, fine. If it's there because it had nowhere else to go — that's what this kit is for.

*A bedroom with less in it is easier to keep tidy. Less tidying means less mental load.*

# Kitchen

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The kitchen is where single-use gadgets go to multiply. Most cooks use the same 8–10 items 90% of the time. Everything else is just occupying space.

## Pantry

- Pull everything out. Check every expiry date. Anything past its date goes.
- Duplicates: consolidate. You don't need three open bags of pasta.
- Be honest about things you bought with good intentions but haven't touched.

## Appliances + gadgets

- Keep only what you've used in the last 3 months.
- Single-use gadgets (avocado slicer, egg separator, strawberry huller): if a knife does the same job, let it go.
- Countertop appliances: if it's not used weekly, it doesn't earn counter space.

## Cookware + dishes

- How many pots and pans do you actually cook with? Keep those. The rest can go.
- Chipped mugs, scratched pans, mismatched lids: these stay out of guilt. Let them go.
- Dishes: if you have more than you ever use at one time, reduce.

*The 30-day box method works well here: pack up anything you're unsure about. Whatever you don't retrieve in 30 days, you didn't need.*

# Bathroom

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Bathrooms accumulate products fast — half-used bottles, expired medications, things bought on a whim. This room is usually quick to clear and immediately satisfying.

## Products + medications

- Check every expiry date — medications, sunscreen, skincare. Expired products go.
- Half-used products you've stopped using: they're not going to get used. Let them go.
- Duplicates: finish one before opening another.

## Tools + accessories

- Hair tools you never use, brushes you've replaced, accessories that never made it back into rotation.
- Towels: keep what you actually use. Thinned-out or mismatched towels can be donated or repurposed as cleaning rags.

## Under the sink

- This tends to be where cleaning supplies multiply. Consolidate to what you actually use.
- Anything leaking, rusted, or unidentifiable: out.

*A clear bathroom counter is one of the highest-impact visual changes you can make to your home.*

# Living Room

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Living rooms collect decorative clutter — things that were once intentional choices but have faded into background noise. Visual noise in the space you relax in affects how well you actually relax.

## Books + media

- Books: keep the ones you love, reference, or plan to read. Pass the rest to someone who'll enjoy them.
- DVDs, CDs, games: be honest about what you actually use vs. what you're keeping out of nostalgia.
- Magazines + catalogues: recycle anything older than a month.

## Decorative items

- Stand in the doorway and look at the room. What draws your eye in a good way? What just creates noise?
- Less is almost always more in a living room. Try removing half the decorative items and see how the room feels.
- Surfaces: aim for intentional, not empty — but not crowded either.

## Cables + remotes

- Unused electronics, tangled cables, remote controls for devices you no longer own.
- Cable management is its own project — even just coiling and bundling makes a significant difference.

*The living room is where your home makes its first impression on you every day.  
Make it one that settles you.*

# Paper + Digital

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Paper clutter is invisible stress — piles that register as unfinished business every time you walk past them. Digital clutter does the same thing, just on your phone and laptop.

## Paper

- Sort everything into: action needed, file, or shred/recycle. Nothing stays in a pile.
- Bills + statements: most can be accessed digitally. Shred anything older than 7 years (check what's legally required in your location).
- Instruction manuals: almost all are available online. You probably don't need the physical copy.
- Sentimental paper (cards, letters): give yourself a box. Curate it. Not everything needs to be kept.

## Digital

- Email inbox: unsubscribe from anything you delete without reading. Use a tool like Unroll.me if volume is high.
- Downloads folder: delete everything you don't recognise or need.
- Phone apps: delete anything you haven't opened in 30 days.
- Subscriptions: check your bank statement. Cancel anything you're not actively using.

*A clear inbox and a clear counter have the same effect on your brain: they signal that things are under control.*

# What comes next

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Finishing a declutter — even one room, even one drawer — is something worth acknowledging. It takes more than most people expect. The decision fatigue is real.

*"The goal isn't to declutter perfectly. The goal is to feel slightly less overwhelmed than you did an hour ago."*

## Keep reading on the blog

**The one-in one-out rule.** For every new item that comes in, one goes out. Read: *The One In One Out Rule: How to Stop Clutter From Coming Back* at [minimalistbeginnings.com/one-in-one-out-rule-stop-clutter/](https://minimalistbeginnings.com/one-in-one-out-rule-stop-clutter/)

**Feeling overwhelmed again?** Go back to the beginning. Read: *How to Start Decluttering When You're Overwhelmed* at [minimalistbeginnings.com/how-to-start-decluttering-when-overwhelmed/](https://minimalistbeginnings.com/how-to-start-decluttering-when-overwhelmed/)

**Make your home feel calm.** Decluttering is just the start. Read: *How to Make Your Home Feel Calm Instead of Chaotic* at [minimalistbeginnings.com/how-to-make-your-home-feel-calm/](https://minimalistbeginnings.com/how-to-make-your-home-feel-calm/)

**Stop impulse buying.** Less clutter starts with less coming in. Read: *How to Stop Impulse Buying: The Question That Actually Works* at [minimalistbeginnings.com/how-to-stop-impulse-buying/](https://minimalistbeginnings.com/how-to-stop-impulse-buying/)

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*For more practical guides on decluttering, mindful spending, and simple living, visit us at [minimalistbeginnings.com](https://minimalistbeginnings.com)*

*Less clutter. More clarity. Better life.*