Directions: Choose one item on the list to go through each day. Give away, recycle, or throw out what you do not need. Simplicity brings freedom and beauty to your home.

**Kitchen**
- Plates
- Cups
- Cutlery
- Cooking/serving utensils
- Appliances
- Pots and pans
- Storage containers
- Serving dishes
- Fridge
- Spices
- Canned goods
- Dry goods (pasta, baking)
- Gadgets

**Closet/Storage**
- Linens (sheets, extra blankets)
- Cleaning supplies
- Tablecloths
- Luggage
- Camping supplies
- "Just in case" stuff
- Memorabilia

**Master Bedroom**
- Jewellery
- Make-up
- Shirts
- Skirts/Dresses
- Pants/Shorts
- Sweaters/Jackets
- Evening wear
- Shoes
- Papers/clutter
- Memorabilia
- Walls

**Living Room**
- Furniture
- Books/papers
- Toys/clutter
- Media (DVDs, CDs, etc)
- Walls

**Bathroom**
- Towels
- Bath toys
- Shampoo, lotion, etc
- Medicines
- Walls

**Kids Bedroom**
- Bedding
- Clothes
- Extra clothes (too small/ too big)
- Shoes
- Toys
- Memorabilia
- Books
- Art supplies
- Walls

**Criteria for buying new things:**

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