

AI-04695 22 Things To Trash Without Thinking

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If you mean **decluttering items that have little or no future value**, here are 22 things you can usually trash without much thought:

1. **Expired coupons**
2. **Old receipts** you no longer need for taxes, warranties, or returns
3. **Empty boxes** for products you already own and use
4. **Takeout menus**
5. **Outdated instruction manuals** available online
6. **Dead batteries**
7. **Broken charging cables**
8. **Pens that don't work**
9. **Dried-out markers**
10. **Expired cosmetics/toiletries**
11. **Old food containers with missing lids**
12. **Plastic containers warped or stained beyond use**
13. **Single socks** whose partners are long gone
14. **Worn-out towels/rags** that are no longer useful
15. **Old newspapers and magazines** you haven't read
16. **Duplicate kitchen gadgets**
17. **Free promotional merchandise** you never use
18. **Old calendars**
19. **Obsolete computer cables/adapters** for hardware you no longer own
20. **Broken household items** you've been "meaning to fix" for years
21. **Clothes you haven't worn in 1–2 years**
22. **Anything you keep solely because of guilt** — "someone gave this to me," "I paid good money for it," or "I might need it someday."

The ruthless rule

Ask:

"If I didn't already own this, would I spend money to acquire it today?"

If the answer is **no**, and it has no legal, financial, sentimental, safety, or practical value, **trash/donate it and move on**.

The interesting part is that **#22 is often the biggest category**. You're not really throwing away an object; you're throwing away an obligation to your former self.