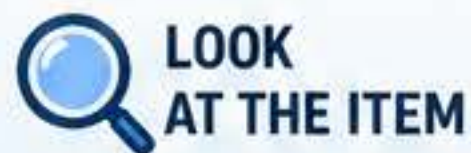




22 THINGS YOU CAN TRASH WITHOUT THINKING

Decision-free decluttering — remove obvious clutter first.

LESS
CLUTTER
MORE
FREEDOM



LOOK
AT THE ITEM

Ask yourself one
simple question:



WOULD I BUY THIS AGAIN TODAY?



YES



KEEP

It still has value.



NO

AND it has no legal, financial,
sentimental, safety, or
practical value.



LET IT GO

Trash, recycle, or donate.



BEFORE TRASHING



Check for legal, financial,
tax, warranty, safety, or
sentimental value.



Shred sensitive
documents.



Dispose of batteries/
electronics responsibly.



When in doubt,
look it up.

1



Expired
coupons

2



Old receipts
(not needed for taxes,
warranties, or returns)

3



Empty product
boxes

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Outdated instruction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



Food containers
with missing lids

12



Warped or badly
stained plastic
containers

13



Single socks
whose partners
are gone

14



Worn-out
towels/rags

15



Old newspapers
and magazines

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

THE BIGGEST CATEGORY



Anything you keep
solely because of guilt.

Common reasons:

- "someone gave this to me"
- "I paid good money for it"
- "I might need it someday."



You're not throwing away an object.
You're throwing away an obligation to your former self.



- A clearer space
- A calmer mind
- A simpler, better life