

Decluttering



Decluttering your home can feel like a big task, but with the right approach, it can be a freeing experience. This worksheet is designed to help you tackle each room systematically, making it simpler to decide what to keep and what to let go of.

List the rooms in your house that need decluttering, in the order you plan to approach them

The linen cupboard is always a good place to start.

List 'transit' items you know you can give to family, sell or donate

For example, bulky furniture or home decorations.

List 'treasures' that you want to keep

For example, family heirlooms, antiques or photo frames.

List 'trash' items you know you can leave behind

For example, surplus linen, cutlery and crockery or old magazines.

Taking it one step at a time, you'll find that decluttering not only frees up space in your home but also brings clarity to your mind.



For more helpful tips and resources, continue exploring the Retirement Living Guide to support your retirement living plans.

