

Printable Minimalist Checklist

Clothing & Wardrobe

- ☐ Donate anything not in good condition
- ☐ Toss the single sock or small things that never get used
- ☐ Build a capsule wardrobe with only essential items

Kitchen & Household

- ☐ Clear out expired food
- ☐ Organize kitchen cabinets
- ☐ Remove appliances you haven't used in the past year
- ☐ Keep only specific items that serve a purpose

Paper & Digital Clutter

- ☐ Sort through old mail and papers; recycle the rest
- ☐ Declutter digital files and apps
- ☐ Unsubscribe from unnecessary social media groups or newsletters

Home & Lifestyle

- ☐ Let go of little things that add extra cost or stress
- ☐ Free up extra space for the important things you actually use
- ☐ Use to-do list templates or a printable calendar to stay organized