

#ohthatdeclutter19

- 1) **Old, worn socks** – winter is coming and you need socks that are going to be kind to you and not make your big toe cold because of that hole.
- 2) **Store rewards you never use** – I NEED to take note of this. I never use those Sainsburys vouchers so why keep them? B I N.
- 3) **Purses you never use** – Either change them up a bit orrr give to someone who will show them the love they deserve.
- 4) **Delete and unsubscribe to store emails that you never shop at.**
- 5) **Candles that have practically burnt out** – It's not like they look appealing anyway.
- 6) **Out of date make-up products.** – YIKES, I'm going there. That mascara that has gone a little gloopy, probably needs to make friends with the bin.
- 7) **Worn out bras** – Boobs are a big deal, they're special. Take care of them with proper, supportive bras. Not old ones that should also make friends with the bin.
- 8) **Junk mail** – I actually store these in a mail holder rather than put them in the bin?!? BYE BYE.
- 9) **Christmas lights that just don't work** – They're literally of no use to you, get rid.
- 10) **Old recipes you don't need** – Memorised? Say bye bye to that unnecessary paper.
- 11) **Jeans that don't fit just right** – you deserve to feel good in your clothes, keep the ones that fit and are comfy. You'll feel better for it.
- 12) **Knick knacks that are just taking up space** – I love a good knick knack but if I don't LOVE it, I'm not keeping it.
- 13) **Shopping bags** – how many do you actually have? Enough for a whole supermarket? Cut down.
- 14) **Shoes/Clothes** – remember, "If I were in a store right now, would I buy these?" If the answer is no, get rid. Be brutal.
- 15) **Toys missing pieces** – It's actually amazing how many little pieces get lost. No reason to keep if they're broken.
- 16) **Broken/unused jewellery** – even if it is your absolute favourite, I get it, I do. BUT, give it a loving home it deserves.
- 17) **Duplicate kitchen items** – Like, I'm not serving thousands so why do I need all this extra stuff that is just the same? I don't
- 18) **Piles of old mail** – If it's a letter from the bank saying they're upping their interest rates from five years ago do you really need to keep it? Probably not.
- 19) **Your mind** – relax, have that chocolate/cake, read that magazine before you get rid of it. The most important thing to be decluttered is YOU. Give yourself time and don't let negative, cruddy thoughts take up the space in that beautiful mind of yours.