

100 Things to Toss

Just get started!



CORDS

Match them to their devices, then discard the orphans.



OLD PAINT

Do you have cans and cans of paint? See what's still usable and what's trash.



VASES

Do you have more than you use? Inventory and weed out the extras.



TOWELS

Donate the less-than-beautiful and be realistic about how many you need.



T-SHIRTS

What's a reasonable number of t-shirts for you at this point in your life?



KEYS

Gather every key in the house. Identify as many as you can and GET RID OF THE REST.



PHONES

Landline or cell. Donate or recycle. Maybe that old cell phone is worth some money!



SCISSORS

Collect them from every room, let go of the extras.



BAGS

Grocery and shopping - paper, plastic, fabric. Consider how many of them you'll really use.



PILLOWS

Are they still comfortable? Rid yourself of any that are only so-so.



TOOTHBRUSHES

How many do you have? Toss the ones that don't get used but hang around anyway.

GLOVES

Resist the temptation to keep lots of extras! Bet you wear the same ones over and over.

CUTLERY

Do you have an abundance of forks and knives? Mismatched, tarnished, bent? Edit.

HOLIDAY DECORATIONS

Banners, lights, tree ornaments, flags, etc. Keep what you use, out with the rest.

WATCHES

Do you have a broken one in a drawer? One for sports, one your mom gave you? Reduce!

DISHTOWELS

Get real. How many of these do you actually use in a month?

LIP BALM

Ditch anything that's gummy, smells weird, is generally icky.

BLANKETS

Do you use the ones you have? Extras will be welcomed at homeless shelters.

COFFEE MUGS

Has the collection gotten out of hand? Maybe it's time to pare down.

WATER BOTTLES

These have become ubiquitous, and most of us have way more than we'll ever use.

SHOES

Gather them into a great big pile and choose your favorites. Keep only comfortable shoes!

LOTIONS AND POTIONS

Bet there are lots of half-used jars and tubes that just linger. Either use them up or toss them.

PENS

Pretty much everyone has too many of these. Check to see that they still work!



FLOWER POTS

Put plants in them or get rid of them. These seem to multiply when you're not looking.



MAGAZINES

Will you ever come back to these? Unlikely. Recycle, recycle, recycle!



GAMES

Play 'em if you've got 'em. Otherwise, consider trading them in for something new.



CANDLES

You know the drill - keep the ones you really love, toss the ones you'll never use.



CAMERAS

Do you use anything other than your phone to take a picture? If no, move them along.



SHEETS

How many sets do you need? Get rid of any that are past their prime.



TAPE

Packing, masking, Scotch... Put it all in one place; tell everyone where that place is.



JEWELRY

Surely you don't wear even half of what you own. Donate! Someone will love it.



SPICES

You know these get dusty after a while, right? Throw away anything that's not fresh.



BATTERIES

Are they too old to work? Are they the right size for your needs? Edit your collection.



MUSIC

Do you have albums, cds, tapes or... whatever that you no longer enjoy?



HOUSEPLANTS

Do they need repotting? Pruning? Cleaning? Fertilizing? Composting?



WRAPPING PAPER

And ribbons, cards, tags and bags. Do you have more than enough?



HATS

Sun, winter, baseball, trucker... All the lids. Keep the ones you use, donate the rest.



HAIR CARE

Shampoo, conditioner, elixirs, styling tools and products. Do you really use them all?



BOWLS

Mixing and serving. Are there so many that you can't find places to store them all?



SCARVES

For warmth or beauty, know how many you really need/use and delete the others.



GARDENING TOOLS

Gloves, trowels, diggers, hoes, etc. These all seem so useful, but...



FURNITURE

Are there extra pieces taking up space? If it isn't adding to your life it's getting in the way.



CLEANING SUPPLIES

Do you have half-empty bottles and too many kinds of floor cleaner?



NOTEBOOKS

Are you ever going to use them all? Are most half-filled with forgotten lists?



FIRST AID SUPPLIES

Have they been around since the beginning of the decade? Assemble a solid first aid kit.



SLEEPWEAR

I know no one else sees them, but get rid of the trashed ones anyway. You deserve better.



BOOZE

Are there bottles that have acquired an inch of dust? Mm hm.

COFFEE/TEA

Do you have enough equipment to outfit a café? Dusty old teabags? Use or compost.

TOYS

Kids don't need as many as they have, in general. Avoid nostalgia! They're just toys.

KNIVES

Do you have the right ones? Are they sharp? Add if you need to, subtract where you can.

CONDIMENTS

A potentially scary category! Get rid of the old, unpleasant, or unused.

SWEATERS

Pull 'em out, try 'em on, keep only the ones you love and actually wear.

BATH MATS

How many of these does a single family need? Replace yours if they're disgraceful.



TUPPERWARE

You probably don't need them all. Especially those that are bent, scarred or missing lids.



SOCKS

Collect all the socks. Dump those that are single, scratchy, etc.



DRINKING GLASSES

Do you have enough for everyone to imbibe twelve drinks simultaneously?



TCHOCHKES

Keep the ones that are meaningful. Get rid of anything that's just catching dust.



PUZZLES

Maybe it's time to trade with your friends and neighbors. Missing pieces? Recycle.



CLOTH NAPKINS

These can get stained and worn out before you know it. Wash, then replace if necessary.

STATIONERY

Get rid of those three unwritten invitations, the holiday cards that aren't all that beautiful.

CAR ACCESSORIES

Floor mats, oil, additives, etc. Are they where you can find them?

NAIL POLISH

Keep what's good and pretty. Dump the old, congealed, or ugly.

PANTS

Please don't keep things that do not fit! Or that you never, ever wear. You won't start.

BARWARE

Fancy glasses, cocktail shaker, silver-plated toothpicks. Edit.

VITAMINS

Either take them or get rid of them. They're doing you no good sitting on a shelf.



THROW PILLOWS

Have they seen better days? Or are they looking beautiful and adding to your comfort?



PICNIC GEAR

Keep the stuff you will use, divest yourself of the stuff that is only aspirational.



PENCILS

Erasers, sharpeners. Who even uses pencils anymore? You may not need them all.



MIXING BOWLS

Is there one that just doesn't fit anywhere? Edit, edit, edit.



PHOTOS

Throw away the blurry, out of focus or unflattering. Easy win!



WORKOUT CLOTHES

Shorts, leggings, bathing suits, specialty shoes. All of the things. Keep only the best!

SHAVING GEAR

You know the drill. Keep the good and useful, ditch the stuff that's malingering.

SEEDS & BULBS

Plant 'em or compost 'em. They're not going to grow in the garage or shed.

FASTENERS

Staples, paper clips, binder clips, etc. Most people have way too many.

DISHES

Plates, bowls, saucers, etc. Do you have fancy china that never sees the light of day? Use it or lose it!

EYEGLASSES

For sun or just for seeing. Do you have old prescriptions? Too many for "just in case"?

PURSES

Pick a few that you love and let go of the rest. Unless you're a fashionista, in which case strut.



SOAP

A popular gift! Soap seems to multiply when you're not looking. Shelters would love yours!



BOOKS

I know, you love them. But an unread book is a sad book. Share them with people you love!



SPONGES

Or anything you use to clean dishes or counters. How many will you use?



TOOLS

Don't keep things you don't know how to use. And - 37 screwdrivers?



CHARGERS

If you know where they live you'll need fewer because you'll ALWAYS be able to find one.



BELTS

As with everything else, keep the ones you use, get rid of those just taking up space.



MAKEUP

Out with the old! This stuff doesn't last forever. How many of those lipsticks do you actually use?



KITCHEN UTENSILS

Spatulas, salad tongs, cake servers, wooden spoons. It's easy to accumulate lots of these.



FILE FOLDERS

You're probably keeping too much paper anyway. Hold on to a few folders, not dozens.



BUILDING SUPPLIES

Have leftovers from earlier projects? Don't keep things that might be useful if they aren't.



PET SUPPLIES

Get rid of old meds, leashes, bowls, cages, etc.



CRAFT SUPPLIES

This one can be hard, I know. Just look at what you have and try to pare down.



BASKETS

And bins, boxes, containers of all kinds. If you have them you'll likely fill them with more clutter.



LUGGAGE

Do you have duffel bags from the '90's? Another thing that seems useful - but is it?



MUSICAL INSTRUMENTS

Play them! If you're never going to, give them to someone who will!



WALL DÉCOR

Do you love all of your art? Or is it still on the wall because "it's always been there"?



BAKING GEAR

Both the equipment and the ingredients. Check out what you've got and edit.



LINGERIE

Please wear it! But if you're not going to, then please get rid of it.



MEDICATION

Ditch anything that's expired or that you're no longer taking. Be grateful for good health!



QUILTS & COMFORTERS

Do you have more of these than beds to put them on? Reduce, reduce, reduce.



MOVIES

Do you have piles of DVDs or VHS tapes? What will you watch again?



BIKES

And accessories. Add in scooters, skateboards - all the rolling things.



POTS & PANS

Root 'em out and see which are the most useful. Do you need them all?

WHEW! THAT'S A LOT!

I don't expect you to do all of these in one day - but imagine the difference in your home if you did just **one** each day.