

January - Kitchen

How to use:

Set aside time each day to declutter, about 15-30 minutes. Some areas may take more time, some will take less. Have a give-away box and trash bag with you. Be sure you have time to get everything cleaned up and moved out. **For example: if you only have 15 minutes and you need to declutter your cupboard, only pick 1 shelf. Once the shelf is decluttered, remove the clutter from the house, close the cupboard door and do more the next time you have time set aside.** It's best to take one small area at a time so a job isn't left half done and begin to feel overwhelming.

Here are areas in your kitchen to work through. If you have more areas, list them in the blank spaces provided.

Check off each area when it is completed:

- | | | |
|--|--|---|
| <input type="checkbox"/> Sink | <input type="checkbox"/> Utensils | <input type="checkbox"/> Freezer |
| <input type="checkbox"/> Counters | <input type="checkbox"/> Serving dishes | <input type="checkbox"/> Cookbooks |
| <input type="checkbox"/> Windows, window sills | <input type="checkbox"/> Cleaning supplies | <input type="checkbox"/> Table |
| <input type="checkbox"/> Junk drawer | <input type="checkbox"/> Christmas dishes | <input type="checkbox"/> Shelves |
| <input type="checkbox"/> Under kitchen sink | <input type="checkbox"/> Decor | <input type="checkbox"/> Misc. Cupboard |
| <input type="checkbox"/> Pots and pans | <input type="checkbox"/> Glasses/Stem-ware | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Storage containers
/Tupperware | <input type="checkbox"/> Coffee/tea area | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Dishes | <input type="checkbox"/> Good china | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Silverware | <input type="checkbox"/> Fridge | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Floor | | |
| <input type="checkbox"/> Oven drawer | | |
| <input type="checkbox"/> Spice drawer/cupboard | | |
| <input type="checkbox"/> Pantry | | |
| <input type="checkbox"/> Mixing bowls | | |
| <input type="checkbox"/> Measure things | | |
| <input type="checkbox"/> Linens | | |

TIP: How to Declutter

Pick one area. For an example, let's say it's the silverware drawer. Remove everything from the drawer, wipe the drawer clean, wipe the silverware tray clean. Put the tray back in the drawer and put back only what is used regularly. Look at what is left. If you are wondering if you should keep any of it, ask yourself some questions: Is it used regularly? Is it used seasonally? When was the last time you used it? If it's not used, put it in the give-away box (or the trash if it's not worth giving away).