Essential Nordic Decluttering Checklists

A Room-by-Room Guide to Simplified Living

How to Use These Checklists:

1. Choose one room to focus on at a time
2. Go through each item on the list
3. Mark your decision: Keep, Donate, or Discard
4. Check the box when the item is processed
5. Track your progress as you complete each room

Living Room

■	Item	Keep	Donate	Discard
■	Coffee table and side tables	■	■	■
■	Bookshelves and books	■	■	■
■	Decorative items and artwork	■	■	■
■	Throw pillows and blankets	■	■	■
■	Electronics and cables	■	■	■
■	Magazines and papers	■	■	■
■	Plants and plant accessories	■	■	■
■	Furniture pieces	■	■	■
■	Entertainment center items	■	■	■
■	Remote controls and devices	■	■	■
■	Candles and holders	■	■	■
■	Storage baskets and bins	■	■	■

Progress: Items Completed: _____ / 12 | Date Started: _____ | Date Completed: _____

Kitchen

■	Item	Keep	Donate	Discard
■	Countertop appliances	■	■	■
■	Cookware and bakeware	■	■	■
■	Dishes and glassware	■	■	■
■	Utensils and cutlery	■	■	■
■	Food storage containers	■	■	■
■	Pantry items (expired/unused)	■	■	■
■	Spices and condiments	■	■	■
■	Kitchen towels and linens	■	■	■
■	Cleaning supplies	■	■	■
■	Junk drawer items	■	■	■
■	Refrigerator contents	■	■	■
■	Cupboard organizers	■	■	■

Progress: Items Completed: _____ / 12 | Date Started: _____ | Date Completed: _____

Bedroom

■	Item	Keep	Donate	Discard
■	Clothing (worn regularly)	■	■	■
■	Clothing (rarely worn)	■	■	■
■	Shoes and accessories	■	■	■
■	Bedside table items	■	■	■
■	Dresser top items	■	■	■
■	Under-bed storage	■	■	■
■	Closet organization	■	■	■
■	Books and magazines	■	■	■
■	Jewelry and watches	■	■	■
■	Bed linens and pillows	■	■	■
■	Seasonal clothing	■	■	■
■	Personal care items	■	■	■

Progress: Items Completed: _____ / 12 | Date Started: _____ | Date Completed: _____

Bathroom

■	Item	Keep	Donate	Discard
■	Toiletries and cosmetics	■	■	■
■	Expired medications	■	■	■
■	Towels and washcloths	■	■	■
■	Hair tools and accessories	■	■	■
■	Cleaning products	■	■	■
■	Medicine cabinet items	■	■	■
■	Under-sink storage	■	■	■
■	Shower/tub products	■	■	■
■	Makeup and skincare	■	■	■
■	First aid supplies	■	■	■
■	Sample products	■	■	■
■	Bathroom decor	■	■	■

Progress: Items Completed: _____ / 12 | Date Started: _____ | Date Completed: _____

Home Office

■	Item	Keep	Donate	Discard
■	Desk surface items	■	■	■
■	Office supplies	■	■	■
■	Paper documents	■	■	■
■	Books and manuals	■	■	■
■	Electronics and cables	■	■	■
■	Filing cabinet contents	■	■	■
■	Desk drawers	■	■	■
■	Wall decorations	■	■	■
■	Old receipts and bills	■	■	■
■	Pens and writing tools	■	■	■
■	Notebooks and planners	■	■	■
■	Computer accessories	■	■	■

Progress: Items Completed: _____ / 12 | Date Started: _____ | Date Completed: _____

Entryway/Mudroom

■	Item	Keep	Donate	Discard
■	Coats and jackets	■	■	■
■	Shoes and boots	■	■	■
■	Bags and backpacks	■	■	■
■	Umbrellas and accessories	■	■	■
■	Keys and key holders	■	■	■
■	Mail and papers	■	■	■
■	Seasonal items	■	■	■
■	Sports equipment	■	■	■
■	Pet supplies	■	■	■
■	Cleaning tools	■	■	■
■	Storage bins	■	■	■
■	Decorative items	■	■	■

Progress: Items Completed: _____ / 12 | Date Started: _____ | Date Completed: _____

Closets & Storage

■	Item	Keep	Donate	Discard
■	Seasonal decorations	■	■	■
■	Luggage and travel items	■	■	■
■	Craft supplies	■	■	■
■	Tools and hardware	■	■	■
■	Sports equipment	■	■	■
■	Holiday items	■	■	■
■	Memorabilia and keepsakes	■	■	■
■	Gift wrapping supplies	■	■	■
■	Cleaning supplies	■	■	■
■	Extra linens	■	■	■
■	Boxes and containers	■	■	■
■	Miscellaneous storage	■	■	■

Progress: Items Completed: _____ / 12 | Date Started: _____ | Date Completed: _____

Children's Areas

■	Item	Keep	Donate	Discard
■	Toys (played with)	■	■	■
■	Toys (outgrown/unused)	■	■	■
■	Books and puzzles	■	■	■
■	Art supplies	■	■	■
■	School papers and projects	■	■	■
■	Clothing and shoes	■	■	■
■	Stuffed animals	■	■	■
■	Games and activities	■	■	■
■	Sports equipment	■	■	■
■	Room decorations	■	■	■
■	Furniture and storage	■	■	■
■	Electronics and devices	■	■	■

Progress: Items Completed: _____ / 12 | Date Started: _____ | Date Completed: _____

Overall Decluttering Progress

Room	Started	Completed	✓
Living Room	■	■	■
Kitchen	■	■	■
Bedroom	■	■	■
Bathroom	■	■	■
Home Office	■	■	■
Entryway/Mudroom	■	■	■
Closets & Storage	■	■	■
Children's Areas	■	■	■

Notes & Reflections

Use this space to record your thoughts, challenges, and achievements during your decluttering journey:

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