

# House Cleaning

## CHECKLIST

No	LIVING ROOM	✓
1	Remove items that don't belong in the room	<input type="checkbox"/>
2	Sort books, magazines, & newspapers; discard or donate old ones	<input type="checkbox"/>
3	Declutter entertainment center and organize cords	<input type="checkbox"/>
4	Purge unnecessary decor that no longer serves a purpose	<input type="checkbox"/>
5	Vacuum under furniture and dust surfaces	<input type="checkbox"/>

No	KITCHEN	✓
1	Dispose of expired pantry items and organize remaining food	<input type="checkbox"/>
2	Check kitchen gadgets and utensils—donate duplicates or unused items	<input type="checkbox"/>
3	Purge old or mismatched food storage containers	<input type="checkbox"/>
4	Wipe down countertops, clean/organize drawers	<input type="checkbox"/>
5	Organize cleaning supplies under the sink	<input type="checkbox"/>

No	BEDROOMS	✓
1	Remove clothes that no longer fit or haven't been worn in over a year	<input type="checkbox"/>
2	Organize dresser drawers and declutter nightstands	<input type="checkbox"/>
3	Donate extra or unused bedding	<input type="checkbox"/>
4	Check under the bed for forgotten items	<input type="checkbox"/>
5	Dust, vacuum, and refresh the space	<input type="checkbox"/>

No	BATHROOMS	✓
1	Discard expired toiletries and medications	<input type="checkbox"/>
2	Purge unnecessary beauty products	<input type="checkbox"/>
3	Clean and organize cabinets and drawers	<input type="checkbox"/>
4	Wipe down mirrors and countertops	<input type="checkbox"/>
5	Restock essentials in an orderly manner	<input type="checkbox"/>

No	HOME OFFICE	✓
1	Shred or file unnecessary paperwork	<input type="checkbox"/>
2	Organize desk drawers and remove clutter	<input type="checkbox"/>
3	Dispose of broken or outdated office supplies	<input type="checkbox"/>
4	Label and store important documents	<input type="checkbox"/>
5	Dust electronics and declutter cords	<input type="checkbox"/>

No	GARAGE/BASEMENT & STORAGE AREAS	✓
1	Purge items that haven't been used in years	<input type="checkbox"/>
2	Organize tools, seasonal decor, and sports equipment	<input type="checkbox"/>
3	Label storage bins for easy access	<input type="checkbox"/>
4	Properly dispose of hazardous materials	<input type="checkbox"/>
5	Sweep and tidy up workspace areas	<input type="checkbox"/>

No	OTHERS AREAS	✓
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**CLEANING SUPPLIES TO RESTOCK/NOTES**

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## LETTING GO WORKSHEET

WHAT EMOTIONS ARISE WHEN I THINK ABOUT  
DECLUTTERING? \_\_\_\_\_

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ARE THERE SPECIFIC ITEMS I STRUGGLE TO PART  
WITH? AND WHY? \_\_\_\_\_

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WHAT POSITIVE CHANGES COULD COME FROM LETTING  
GO OF THESE ITEMS? \_\_\_\_\_

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HOW DO I WANT MY HOME TO FEEL ONCE I'VE  
DECLUTTERED? \_\_\_\_\_

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WHAT STRATEGIES CAN I USE TO MAKE THIS PROCESS  
EASIER FOR MYSELF? \_\_\_\_\_

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## GRATITUDE & MEMORIES WORKSHEET

LIST FIVE SENTIMENTAL ITEMS YOU'RE KEEPING AND WHY THEY MATTER. \_\_\_\_\_

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RECALL A TIME WHEN DECLUTTERING FELT REFRESHING—HOW DID IT CHANGE YOUR SPACE AND MINDSET? \_\_\_\_\_

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WHAT ARE THREE THINGS IN YOUR HOME THAT BRING YOU THE MOST JOY? \_\_\_\_\_

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HOW CAN YOU HONOR MEMORIES WITHOUT KEEPING EXCESS CLUTTER? \_\_\_\_\_

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WHAT NEW HABITS CAN YOU DEVELOP TO MAINTAIN A CLUTTER-FREE HOME? \_\_\_\_\_

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No	ESSENTIAL DOCUMENTS CHECKLIST	✓
1	Birth certificates and social security cards	
2	Passports and driver's licenses	
3	Wills, trusts, and power of attorney documents	
4	Insurance policies (home, health, life, auto)	
5	Mortgage, deed, and property records	
6	Medical records and emergency contacts	
7	Financial account details and retirement plans	
8	Password and account information for online access	
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**NOTES**

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**LEGACY REFLECTION WORKSHEET**

WHAT IMPORTANT INFORMATION SHOULD MY LOVED ONES KNOW ABOUT MY ESTATE? \_\_\_\_\_

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ARE ALL MY LEGAL AND FINANCIAL DOCUMENTS UP TO DATE? \_\_\_\_\_

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HAVE I COMMUNICATED MY FINAL WISHES CLEARLY?

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WHERE CAN MY FAMILY FIND ALL NECESSARY DOCUMENTS IN CASE OF AN EMERGENCY? \_\_\_\_\_

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WHAT SENTIMENTAL OR HEIRLOOM ITEMS DO I WANT TO PASS DOWN, AND WHY? \_\_\_\_\_

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