

# 10 Things You Should Declutter From Your Home

By Victoria Greco

As a former hoarder, I know firsthand how emotionally challenging it can be to let go of things. Every item feels like it carries meaning, memory, or is saved “just in case.” But take it from someone who’s done the work — it really does get easier with practice. Decluttering isn’t about becoming a minimalist overnight. It’s about taking small, do-able steps. If you don’t know where to start, begin with these 10 areas and declutter in one of the 10 areas per week. It may be overwhelming at first, but the difference it will make is massive and so worth it! This list will help you ditch your old mindset and help you understand your habits and disassociate items with deep meaning that keeps you stuck.

## 1. Torn Clothing You’re Not Going to Repair

We all have that shirt or pair of socks we might fix “someday.” But if it’s been sitting untouched for weeks (or months), it’s time to let it go. Unless you’re actively patching it up this weekend, chances are you never will.

## 2. Dusty Decor Items

If it’s got a visible layer of dust, that’s a sign it’s not being used or loved. Ask yourself: Does this bring me joy or add anything to my space? If the answer’s no, it’s okay to part ways. Your shelf space deserves better!

## 3. Gifts That Don’t Serve You Anymore

You’re not obligated to keep something just because it was a gift. If it doesn’t fit your lifestyle, personal taste, or needs anymore, let it go. The person who gave it to you wouldn’t want it to be a burden that weighs you down.

## 4. Expired Products

Check your pantry, bathroom cabinets, and medicine drawers. Do yourself a favor and toss anything past its expiration date (especially food, makeup, and medications.) These items are not only taking up space they are unsafe to use.

## 5. Poorly Fitted Clothes

We often hang onto clothes that don't fit anymore because we might wear them "one day." On the other hand clothes can remind you of negative past memories. Clothes that no longer fit you can even create unnecessary pressure and stress on yourself when you hoard clothes as you try to reach your weight loss/gain goals. Holding onto those items can be counterproductive by fueling guilt and body shame. Keep what fits and makes you feel good in this present moment!

## 6. Duplicates You Don't Use

Do you really need 4 black tank tops that all look the same? Or three can openers? Pick your favorite and donate or recycle the rest. You'll be surprised how much space you have when you cut the excess.

## 7. Old Planners, Calendars, and Notebooks

Unless they are from this year or contain crucial information that is needed for present day, these items are usually just taking up shelf or drawer space. If there's something truly sentimental to you, snap a picture of it. Let the physical clutter go.

## 8. Trendy Items You Love the Look Of — But Don't Use

Aesthetic items can be hard to part with, but trends will come and go and can feed a shopping addiction. If you love the way something looks but it's taking up space and collecting dust, take a picture of it. You'll still have the memory without the physical burden and you might realize you did not need that item and it was easier to part with it than you thought!

## 9. Bulky Electronic Boxes and Empty Packaging

Unless you're planning to resell an item soon, there's no real reason to keep the box it came in. Store manuals in a small drawer or binder if needed, but ditch the cardboard clutter.

## 10. Useless Tupperware, Dried Out Pens, and Miscellaneous Junk

Tupperware without lids and dried-out pens are few of many things that sneak into drawers and stay around forever. Skim your junk drawer and be brutally honest with yourself. If it has no purpose, or hasn't been used in six months or more, it's probably not worth keeping.

Decluttering isn't about perfection, it's about being honest with yourself. When you start really looking at what you have, you learn about your habits: what you buy, what you value, and what you truly use. That awareness leads to less overconsumption, more intentional living, and a clearer, calmer space. Start small. Even just clearing out one drawer is progress. And remember you are not getting rid of memories. You're making room for the life you actually want to live.