

LIZZYLAND

The Great Edit

The Declutter Checklist

The why, and the how – over eight days, not one weekend.

The How & The Why

Before the checklist, the reasoning — because understanding why the order matters is what actually gets you to the end, instead of quitting halfway through like most people do.

Why Order Matters

Don't declutter room by room. Declutter category by category, across the whole house, all at once. If you do "the bedroom" today and "the lounge" next week, you'll find the same category of stuff scattered everywhere, and make the same decision five separate times with less conviction each time. Gather everything of one kind in one pile — every piece of clothing from every room, every book from every shelf — then decide on the whole category together.

The order isn't random either. Start with the categories that are easiest to be honest about, and save the hardest for last:

1. Clothes — first — low attachment, easy wins, builds your decision muscle
2. Books — a little harder, but still mostly practical
3. Papers — mostly obligation, rarely joy, quick to clear once you're in the swing
4. Komono — everything else (kitchen, bathroom, garage, miscellaneous) — the biggest pile, but you're warmed up by now
5. Sentimental items — last, always last — you need the practice before you face the box of old letters

The Decision Filter

The classic version: hold it, and ask if it makes you happy. If it doesn't — permission to let it go.

The honest version, for brains like ours: if it was covered in poo, would I clean it or throw it away? Because if you're anything like most ADHD brains, everything sparks a little joy — that's kind of the whole problem. Joy isn't a rare enough signal to filter with. But almost nobody's cleaning the thing that doesn't actually matter to them.

A Note For Crafters, Artists & Homeschoolers

Marie Kondo doesn't really deal with this category, so here's the addition. Craft supplies, art materials, homeschool curriculum — these don't play by the same rules, because you can't spark-joy your way out of genuinely needing them.

Instead: designate a sane, specific amount of space for these materials — not an insane amount, not "however much accumulates" — and hold that line. Be honest with yourself about whether you're actually going to do the hobby, or whether it's aspirational clutter wearing a craft-supply costume. If it's been untouched for a year, that's data, not a moral failing.

Permission

Giving something away isn't losing it — it's letting it go on to be treasured by someone who'll actually use it, instead of gathering dust, unloved, in your cupboard. You're not creating a problem for someone else. You're increasing the flow of life.

The Checklist

This isn't a weekend project, and pretending it is is exactly why most decluttering attempts die halfway through. Do one day, stop, come back when you're ready – even if that's next week. The order below protects your place in the process, so you never have to wonder "where was I?"

☐ Day 1 ☐ Day 2 ☐ Day 3 ☐ Day 4 ☐ Day 5 ☐ Day 6 ☐ Day 7 ☐ Day 8

1

Day 1 — Clothes

The easiest category to be honest about. Gather every piece of clothing in the house — every room, every drawer, every "maybe I'll fit it again" — into one pile. Hold each one. Poo test or joy test, your call.

☐ Gather, sort, and release every piece of clothing in the house

2

Day 2 — Books

A little harder. Gather every book in the house into one place. The ones you'll actually reread, the ones that taught you something you still use, the ones that are just there because throwing away a book feels wrong — be honest about the difference.

☐ Gather, sort, and release every book in the house

3

Day 3 — Papers

Mostly obligation, rarely joy. Gather all the paper — post, documents, kids' school notices, the drawer nobody opens. Quick decisions here: keep only what's legally or practically necessary. When in doubt, scan it and bin it.

☐ Gather, sort, and clear all paper in the house

4

Day 4 — Komono: Kitchen

The first of the "everything else" days. Kitchen only today — cupboards, drawers, that one shelf with seven half-used spice jars. If you haven't used it in a year and it's not seasonal, it goes.

☐ Sort and release kitchen komono

5

Day 5 — Komono: Bathroom & Toiletries

Expired products, the ten half-empty shampoo bottles, "gift set" items you'll never use. This one's usually fast once you start.

☐ Sort and release bathroom komono

6

Day 6 — Komono: Everything Else

Garage, electronics, miscellaneous storage, the junk drawer. The biggest, messiest day — but you've had five days of practice by now, so the decisions come faster than you'd expect.

☐ Sort and release remaining komono

7

Day 7 — Craft, Art & Homeschool Materials

This one gets its own day and its own rule, because the joy filter doesn't work here — everything sparks joy when you're a maker. Instead: designate a sane, specific amount of space for these materials and hold that line. Be honest about whether you're actually going to do the hobby, or whether it's aspirational clutter in a craft-supply costume.

☐ Allocate a sane, defined space for craft/art/homeschool materials

8

Day 8 — Sentimental Items

The hardest day, done last on purpose — you need seven days of practice before you're ready for this one. This is also where most people quietly give up. So before you start today, sit with two questions:

Why are you hoarding this? Not the practical reason — the real one. Fear of forgetting? Fear of being seen as wasteful? Holding onto a version of yourself that's already gone?

How do you actually want your life to look? Not "someday." Now. If your home is meant to support the life you're building — not the life you already lived — what does this object actually do for that? (This is the same question the Dream Architecture template asks. If you haven't done that one yet, today's a good day to.)

Then go through the box. Slowly. Keep what genuinely earns its place. Let the rest go on to be treasured by someone else, the way you'd want your best things treasured.

☐ Sort sentimental items — slowly, with the two questions above in mind