

# 30 THINGS TO THROW OUT

*today!*

## BATHROOM

- ❑ OLD MEDICINE
- ❑ OLD MAKEUP
- ❑ OLD DEODORANT & PERFUME
- ❑ OLD TOWELS & BATHMATS
- ❑ STRETCHED OUT HAIR TIES & BROKEN CLIPS

## KITCHEN

- ❑ EXPIRED FOOD
- ❑ CHIPPED PLATES & MUGS
- ❑ PLASTICWARE WITHOUT LIDS
- ❑ UNUSED GADGETS & TOOLS
- ❑ COOKBOOKS YOU NEVER USE

## BEDROOM

- ❑ CLOTHES & SHOES YOU NEVER WEAR
- ❑ COSTUME JEWELLERY & PURSES YOU DON'T USE
- ❑ OLD SHOE BOXES
- ❑ FLAT & LUMPY PILLOWS
- ❑ THINNING & YELLOWING BEDDING

## LIVING ROOM

- ❑ OLD BOOKS & MAGAZINES
- ❑ UNWATCHED DVD'S
- ❑ CHIPPED & BROKEN FRAMES
- ❑ OLD & UNCOMFORTABLE COUCHES & CHAIRS
- ❑ STAINED OR FRAYED RUGS & CURTAINS

## PLAYROOM

- ❑ OLD & BROKEN TOYS
- ❑ GAMES & PUZZLES WITH MISSING PIECES
- ❑ UNUSED TOYS & BOOKS
- ❑ BROKEN CRAYONS & DRY MARKERS
- ❑ UNWATCHED DVD'S

## GARAGE

- ❑ OLD PAINT
- ❑ BROKEN TOOLS
- ❑ UNUSED SPORTS EQUIPMENT
- ❑ UNUSED HOLIDAY ITEMS
- ❑ OUTGROWN BIKES