

150+ Things To Throw Away Today

(To Clear Your Mind And Soul)

Your Bathroom:

- Old towels
- Old toiletries
- Old makeup
- Expired or sample-sized toiletries
- Dried-up nail polish
- Worn-out bath mats
- Old toothbrushes
- Old air freshener
- Bags left from toilet paper or cotton pads
- Empty the bathroom bin

Your Living Room:

- Dried flowers
- Magazines
- Newspapers
- Games that are missing pieces
- Letters
- CDs
- DVDs
- Empty pens
- Toys your pets don't play with
- Toys your kids don't play with
- Expired medication
- Outdated electronics
- Furniture manuals
- Boxes
- Unused vases
- Broken Christmas decorations
- Old unused batteries
- Old drink coasters
- Unused tea light candles
- Take out menus you never look at

TIP:

Do you want to know what other things are holding you back in life?

[Then take this test and get a free personalized report. Click and start changing your life now.](#)

Your Bedroom And Wardrobe:

- Worn-out sheets and bedding
- Old pillows
- Socks with holes
- Stockings with runs
- That one glove left from a pair of gloves
- Old t-shirts
- Shoes that don't fit or that you don't wear
- Freebie or promotional t-shirts you never wear
- Those Scarves you never wear
- That dress you bought but know it was a mistake and you'll never wear it again
- Clothing you've outgrown
- In fact, anything you haven't worn for the last 18 months.
- And, obviously, clothes that don't fit
- Old, broken or unused hangers
- Extra buttons
- Stained or damaged clothing you can't clean or repair
- Consider getting rid of the old prom dresses as well (unless in has some real sentimental value)
- Old underwear or swimwear that's losing its stretch
- Purses you never use
- Extra shoe laces

Your Kitchen:

- Cooking utensils you have two of
- Expired sauces
- Cremes you've kept in the fridge for years
- Empty bottles
- 2-year old groceries in your fridge
- Snacks your pets don't eat
- Extra and unused coffee mugs
- Empty or near-empty bottles of cleaning products
- Random containers and jars
- Old spices
- Matches you never use (Maybe save a few in case of a power outage)
- Expired food
- Old shopping bags
- Magnets that you don't actually collect

- Old calendars
- Recipe books you don't ever use
- Old party supplies
- Unused plastic containers – especially those without a lid
- Take out chopsticks – Buy a reusable pair if you use them a lot
- Phone books
- Dull or duplicate pocket knives
- Paper plates – Use them up!
- Fancy serving bowls you haven't used in the last year
- Catalogues
- Instruction manuals – Most are online now
- Kitchen knives no one uses
- Old vitamins
- Plants – Yes, plants that don't brighten your spirits. Buy ones that do!
- Place mats, napkins, table cloths that never get displayed
- And any old, unused, and rotting food – make sure to go through every cupboard.

Your Personal Items:

- The other side of a pair of lost earrings
- Broken hair elastics
- Other hair accessories you don't use
- In fact dedicate a bowl to all the little knickknacks you DO want to keep and throw out the rest
- Gifts you don't like
- Rusty jewellery (or jewellery you don't like anymore)
- Or broken jewellery – like necklaces and bracelets with broken clasps
- Old wallets that you don't use
- Pictures of ex-partners you want to move on from
- Old prescription glasses
- Old sunglasses
- Old children's artwork
- Posters you'll never display again
- Touristy knick knacks
- Broken or old iPhone cases
- Computer cords, firewire cord, etc. that you don't use
- Old cell phones
- Cell phone accessories you don't use anymore
- Unused perfumes and cologne
- Some memorabilia.

Check Your Pockets:

- Receipts you don't need
- Old tickets you don't need
- Old napkins and tissues
- Leftover change
- Bobby pins
- Old fortune cookie fortunes
- Lanyards, name tags etc. from previous conferences/meetings
- Leaflets you took by mistake and other promotional swag
- Push pins just waiting for unsuspecting fingers
- Hard candy (or chewing gum) that you're not sure where it came from or how long it's been there

Your Desk Drawer:

- Cards people have given you with no sentimental value
- Scraps of wrapping paper
- Extra photos you don't need
- Old print-outs
- Expired vouchers
- Coupons you will never use
- Markers without lids and lids without markers
- Old paperwork
- Save-the-dates
- Old invitations
- Old bank statements
- Old folders
- Old travel brochures
- Old notepads
- Business cards that you don't need
- Old schoolbooks you'll never use again
- Old crayons or art supplies
- Cards or gifts from exes
- Unused stationery
- Loyalty cards you never use
- Excess decks of cards
- Papers you have backed up on the computer
- Old planners
- Used ink cartridges – Recycle them for a little money back
- Books you've already read and don't want to display

- Used and ripped envelopes
- Wrinkled ribbon and bows for gift wrap
- Old manuals to electronics
- Paychecks older than 2 years
- Gift cards – Go and enjoy them!
- Old day planners
- Old post-it notes
- Wraps from chocolate bars (yes, this too, happens)
- Organizers you bought to get organized that didn't work
- Old phone covers, styluses, screen protectors, etc.
- Samples of any kind – Use, donate, or trash.
- Multiple pair of scissors
- Extra buttons (If you don't sew, toss them all)
- Pens and pencils – Keep your favorites and let go of the rest
- Old bills (Switch to online banking)

Your Computer:

- Duplicate photos
- Delete email subscriptions from sites
- Delete emails you don't need
- Move everything into folders
- Delete old documents you don't need
- Delete unwanted music from your iTunes
- Delete movies that you won't watch again
- Empty the spam folder