

Purge



21 Item Toss

ORGANIZING

Mind over Matter

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Choose 1 item a day for 21 days

1. Old electronics (phones, ear buds, chargers)
2. Stained or old towels
3. Burnt down candles
4. Old nail polish
5. T-shirts you never wear
6. Holey socks
7. Worn out bras
8. Expired vitamins and medication
9. Underwear you don't want to be caught dead in
10. Old purses you never use
11. Faded old sheets
12. Empty boxes
13. Bills and statements over 1 year old
14. Expired coupons
15. Hair accessories you never wear
16. Makeup older than 10 months
17. Christmas décor you never put out
18. Skin care products you don't like
19. DVDs you don't watch
20. Clothes that are too small or big
21. Old newsletters, flyers or other out-dated paper