

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

01

Start with visible trash

Remove obvious trash from one visible area without pulling anything else out.

MON TUE WED THU FRI SAT SUN

02

Place the donate box by the exit

Create a donation container that is easy to fill and hard to ignore.

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03

Pick one container

Choose a shelf, drawer, or basket and let its limit decide what stays.

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04

Take it there now

When you know an item's home, carry it there immediately.

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05

Ask the lookup question

For every uncertain item, ask where you would look for it first.

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06

Release the duplicate

Keep the best version and donate the extra before reconsidering.

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07

Schedule donation removal

Put a pickup or drop-off time on the calendar this week.

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08

Stop at visible progress

End before the room is worse than when you started.