

The Gentle Art of Swedish Death Cleaning

by *Margareta Magnusson*

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

MON TUE WED THU FRI SAT SUN

⁰¹ **Clear one impersonal shelf**

Choose a shelf with low emotional charge: towels, pantry extras, cleaning supplies, manuals, or duplicate mugs. Keep what is used, gift what is useful, and release the rest.

MON TUE WED THU FRI SAT SUN

⁰² **Label one story object**

Pick one heirloom, photo album, recipe card, or piece of jewelry and write a small note explaining who it came from, why it mattered, and who might want it next.

MON TUE WED THU FRI SAT SUN

⁰³ **Make a private-paper pass**

Shred or delete documents, letters, notes, and digital files that would create confusion, embarrassment, or unnecessary detective work for someone later.

MON TUE WED THU FRI SAT SUN

⁰⁴ **Give one object while alive**

Choose something you already know belongs with a specific person. Offer it now, with the story attached, so the gift becomes connection instead of inventory.

MON TUE WED THU FRI SAT SUN

⁰⁵ **Start a family inventory note**

Create a simple note listing important accounts, keys, contacts, passwords location, and the few objects that need context. Clarity is part of love.