

ONE IN, ONE OUT RULE CHECKLIST



The "One In, One Out Rule" helps maintain a clutter-free home by encouraging you to remove an old item each time you acquire a new one. Use this checklist to keep track of new additions and what you declutter to maintain balance in your home.

Instructions:

- For every new item you bring into your home, list it in the "New Item" column.
- Find an equivalent item you already own to remove and list it in the "Removed Item" column.
- Fill in the date when each item was added or removed.
- Use the "Notes" section for any additional information or reasons for your choices.

Date Added	New Item	Date Removed	Removed Item	Notes