

DECLUTTER & SELL TRACKER

NAME _____

MONTH _____

Go room by room, declutter, and track what you sell and how much you make

One room at a time — sell what you can, donate the rest, and watch the extra cash add up.

FREE PRINTABLE

✓ ROOM-BY-ROOM DECLUTTER CHECKLIST

☐ Kitchen & pantry	☐ Living room
☐ Main bedroom	☐ Kids' rooms
☐ Bathroom(s)	☐ Closets
☐ Home office	☐ Garage / shed
☐ Entryway / hall	☐ Basement / attic
☐ Toys & games	☐ Books & media
☐ Other: _____	☐ Other: _____

KEEP / DONATE / SELL — SORTING GUIDE

Keep

Used in the last year, or
brings real joy or function.

Donate

Useful but low resale value
— clear it out fast.

Sell

Good condition, worth
\$15+, or in demand locally.

Underconsumption Reflection

What did you buy that you never really used? What will you think twice about next time?

SELL LOG

ITEM	PLATFORM	PRICE	SOLD?
_____	_____	_____	☐
_____	_____	_____	☐
_____	_____	_____	☐
_____	_____	_____	☐
_____	_____	_____	☐
_____	_____	_____	☐
_____	_____	_____	☐
_____	_____	_____	☐
_____	_____	_____	☐
_____	_____	_____	☐
_____	_____	_____	☐
_____	_____	_____	☐
_____	_____	_____	☐
_____	_____	_____	☐
_____	_____	_____	☐

"Selling what you don't use turns clutter into a cushion — and a habit you'll keep."

ITEMS SOLD

FEES / SHIPPING

\$

TOTAL EARNED ✓

\$