

# Spring Cleaning

## Checklist

- Start with the most cluttered areas first
- Separate items into piles for donation, trash, and keeping
- Group similar items together and store them in the same place
- Use storage containers to help keep things organized
- Label everything clearly to avoid confusion later
- Take breaks during the cleaning process to reflect on the things you're grateful for in your life

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Research local organizations and charities to donate unwanted items, such as:

- Goodwill or Salvation Army
- Homeless shelters or women's shelters
- Local animal shelters or pet rescues