

Things You Should Get Rid of Before the End of the Year

Who isn't ready to say goodbye to 2020? Here are some tips on starting 2021 off on the right track.

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Let's face it, 2020 has been memorable, to put it lightly. There isn't anything we can do to change that, but one of the most important things to get rid of is that 2020 mindset and any emotional baggage you picked up along the way. "Healing the past has never been more important," says Lisa Roulette, a life coach and Reiki master who helps women be self-powered and successful in life and love. "We need freedom and flexibility to navigate the new world and confidence and clarity that whatever comes our way can be dealt with. If we approach the New Year with our wounds in tow, we'll end up recreating our past and struggle to achieve what we really want from life and love in the coming year."

You've likely spent more time at home recently than you ever anticipated, spurring some ideas for projects around the house. Before you do that, it's important to create a clean slate. "Home improvement is on everyone's mind these days having spent so much time at home," says Pamela O'Brien, an interior designer in Houston. "One thing to consider is why would you start the New Year, new home improvement project, new kitchen or bathroom remodel, when your home is filled to the brim with unneeded stuff? Getting rid of old, worn and unwanted items feels

good. Your drawers, cupboards, cabinets and closets will feel more spacious and you'll feel empowered and organized going into 2021.

If you're getting rid of tangible items, it's a great idea to donate to your local Salvation Army or Goodwill store before the end of the year. You can also ask for a donation receipt if you itemize your taxes. Given the challenging year, pay special attention to anything that could be repurposed as a gift, as many people may be shopping for holiday presents at local thrift stores. Also, food banks are in need of nonperishable food items, so go through your kitchen for items you can part with. Take a look at this list for some ideas on where to start.



TOXIC RELATIONSHIPS

Strong mental health should be a top priority. Think about the people around you, not just romantically, and take stock at which relationships are helping you move forward versus bringing you down. If you're struggling to cut ties with certain people in your life, ask yourself why. "You don't need to have a relationship out of holiday loneliness," according to Destin Pfaff and Rachel Federoff, relationship experts and elite matchmakers of Love and Matchmaking. "Focus on yourself and do some serious self-care so you can find a real and lasting relationship that will blossom all year round."