

13 Questions to Help Let Clutter Go

Letting go of your stuff is HARD! You can start a decluttering session with the best intentions only to find yourself sidetracked by nostalgia, guilt, or the most common decluttering foe: "someday" (as in "I may need this someday"). Ask yourself the following questions and answer honestly for each item you are having trouble letting go of.

- 1 Does it work?
- 2 Do I need it/use it? (NOT will I need it/use it *one day*)
- 3 How long has it been since I last used it?
- 4 Will I realistically use it again?
- 5 Could I replace it if I need to?
- 6 *Would* I replace it if it broke or I lost it?
- 7 Is it a duplicate/do I have a similar item?
- 8 Is it worth the space it takes up in my home?
- 9 Am I keeping it because of guilt?
- 10 Am I keeping it because it cost a lot of money?
- 11 What's the worst that could happen if I toss it?
- 12 Does it enhance my quality of life?
- 13 Do I love it?

Bonus Question: Will a picture of it meet my need for it? This is particularly helpful for things being kept for sentimental reasons. Remember, the item is *not* the memory or the person associated with it. A photo allows you to preserve and honour the memory or person from your past and make room for what is important in your life now.