

13 QUESTIONS TO LET CLUTTER GO

Decluttering sessions can be derailed by nostalgia, guilt, or "I might need it someday." Ask yourself the questions below to identify why you're holding on to some items & for help to change your perspective & let them go.

- 1 **Does it work?** If not & you haven't **repaired** it for some time, you can likely let it go.
- 2 **Do I need it/use it.** **Not** will I need it/use it **one day**. Your "someday" scenario has to be **probable**, not just possible. If it requires more than moderate changes to your current situation, it's **not** probable and you should really consider letting the item go.
- 3 **How long has it been since I used it?** Maybe there's a **reason** you don't use it? Maybe the time, effort, clean-up, maintenance or comfort of the item doesn't work for you. **Accept** it & let it go.
- 4 **Is it a duplicate/do I have a similar item?** Apple slicers, avocado slicers, cheese slicers, electric carving knives & mini food choppers are nice, but can also be **replaced** with one or two knives.
- 5 **Would I replace the item if it broke or I lost it?** If **no**, let it go.
- 6 **Could I borrow or rent the item?.** If you needed the item, could you **borrow** it from a friend/family member or **rent** it?
- 7 **Am I keeping it because of guilt?.** Gifts are meant to bring **joy**. If one doesn't, let it go. Appreciating the gesture doesn't require **keeping** something forever, or for any period of time. Remember, most people don't come & **search** your house for gifts they've given you.
- 8 **Am I keeping it because it cost a lot of money?.** The money was **gone** the moment you **spent** it. Keeping an item doesn't bring it back & letting it go doesn't **cost** you any more money.
- 9 **What's the worst that could happen if I let it go?** If the worst that could happen is a **minor** inconvenience or **small** expense to replace it *if* you need it one day, let it go.
- 10 **What do I gain by letting it go?** Everything you keep takes up valuable physical & mental **space**, as well as **time, energy & effort** to clean & maintain. Keeping everything leaves **less** of these limited resources for you & the things you truly use, need & love.
- 11 **Can I keep a sampling?** If you have a collection from your past or one you've inherited, keeping your favourite **1-5** items almost always invokes all the **same** memories as keeping the whole collection. And, a smaller representation is **easier** to properly store & display, making your memories more **accessible** for you to enjoy.
- 12 **Will a picture meet my need for it?** The item is not the memory or person associated with it. A **photo** allows you to **preserve & honour** the memory or person from your **past** while making room for what is important in your life **now**.
- 13 **Do I love it/does it enhance the quality of my life?** If yes, then keep it!