

Questions to Ask Yourself

Decluttering Guide



What is your goal?

What do you want to achieve by decluttering?

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Make space for what you love by releasing the things you don't

Consider:

- Do you **love** it? Do you get positive feelings from it?
- Do you **use** it? Does it add value to your day?
- If you don't use it, but think that you might, will you use it in the **foreseeable** future? (Remember everything takes up space. It needs to add value and help you achieve your goal)

Sentimental items

If you don't love or use it but it has meaning:

- if it was a gift, the love was in the act of giving, not the item.
Would the person who gave it to you want you to keep it even if you don't want it? Could you give it to someone else to enjoy (a friend or donation)?
- if it holds a memory for you, could you write a journal entry or find or take a photo of the item, to remind you of the memory. You may keep some small items in a memory box if you have storage space.
- does it support your current or desired lifestyle (rather than keeping you in the past)?

If you are really struggling with an item, it's ok to give yourself some time to think about it.

- perhaps a few days will help you to think it over
- you could put it away and add an entry in your calendar to review it in a few months (or whatever timeframe you wish)*
- come back to it once you've worked on another category or room

* remember your goal and decide on the amount of space you want to dedicate to keeping things you aren't sure about