

# I would declutter but...

I paid a lot of money for that!!

ITEM:

IS IT ACTUALLY APPRECIATING IN VALUE?

- Is there a comparable item on ebay / facebook marketplace / antique store?
- How long was it listed before it actually sold?
- Can you sell it quickly?

IS IT ADDING VALUE TO YOUR DAILY LIFE?

WHEN WAS IT LAST USED?

DOES IT WORK?

CAN IT BE EASILY REPLACED?

# I would declutter but...

\_\_\_\_\_ gave me that!!

ITEM:

WOULD \_\_\_\_\_ BE UPSET IF YOU GOT RID OF IT?

- If \_\_\_\_\_ knew it caused you stress or anxiety would they feel differently?
- Can you ask \_\_\_\_\_ if they would be upset if you got rid of it?
- Would \_\_\_\_\_ even know you decluttered the item?
- Turn the tables and put yourself in \_\_\_\_\_ shoes. Thinking about these questions from a different perspective, might make you feel differently about decluttering the item.

IS IT ADDING VALUE TO YOUR DAILY LIFE?

WHEN WAS IT LAST USED?

DOES IT WORK?

DOES IT BRING JOY?

# I would declutter but...

I want it to go to someone who will appreciate it.

ITEM:

WHERE IS YOUR HEART IN THE GIVING PROCESS?

- Are you giving/donating to be a blessing to someone else?
- Are you giving and judging?

IS THIS A SENTIMENTAL ITEM?

REALIZE: NOT EVERYTHING THAT IS PRECIOUS TO YOU IS PRECIOUS TO ANOTHER. AND THAT'S OK!!!!!!

THEIR HEART IS THEIRS AND YOURS IS YOURS.

BLESS AND RELEASE !!!

# I would declutter but...

I might need it!!!!

ITEM:

HOW LONG HAS IT BEEN SINCE YOU LAST USED IT?

- Has it been boxed up for years and years?
- Is it something you touch on a daily basis but never use?
- Do you move it from one place to another because it is in the way?
- Do you often think, I really need to get rid of this?

CAN IT BE EASILY REPLACED?

DO YOU HAVE SOMETHING ELSE SIMILAR THAT WORKS BETTER?

DOES IT ACTUALLY WORK?

**ACTION!** USE THIS ITEM TO SEE HOW MUCH YOU ENJOY IT OR WHY YOU NEVER USE IT, THEN DECIDE TO KEEP OR TOSS.

# I would declutter but...

It was my \_\_\_\_\_ !!!

ITEM:

ARE YOU KEEPING IT OUT OF OBLIGATION VS LOVING IT?

- Is the ONLY reason you hang onto this item because it belonged to \_\_\_\_\_?
- Is it something that you truly love and have fond memories of \_\_\_\_\_ every time you see or use it?
- Are you proud to display it?
- Can it be safely stored away?

DID YOU KNOW YOU HAD IT OR HAS IT BEEN PACKED AWAY?

DO YOU KNOW THE STORY BEHIND IT?

WOULD ANOTHER FAMILY MEMBER APPRECIATE IT?

WHAT ARE MEMORIES THAT YOU ASSOCIATE WITH THE ITEM?