

Decluttering Questions to Ask Yourself

- Does it fit with my own values? YES/NO
- Do I have a real need for this item (not just a wish to have it)? YES/NO
- Is this item unique and the only one I have in this category? YES/NO
- In a week, will I regret getting rid of this? YES/NO
- Do I feel bad getting rid of it? YES/NO
- If it needs fixing, do I have enough time to do this? YES/NO
- Will I use this item in the near future? YES/NO
- Will I use this item the coming year? YES/NO
- Have I used it the past year? YES/NO
- Do I have a specific place to put this? YES/NO
- Is this truly valuable or useful? YES/NO
- Is it of good quality, reliable, attractive? YES/NO
- Is the information it provides still relevant and up to date? YES/NO
- Is this an important item (i.e. birth certificate, will)? YES/NO
- Is this a tax related paper that I need to keep as proof? YES/NO
- Can this item save time, money or energy? YES/NO
- Does this item reflect the person I am today? YES/NO
- Would I purchase exact the same item today for double the price? YES/NO
- Do I love working on this project (photo-album, scrapbook)? YES/NO
- Does this item make me happy and feel good? YES/NO

NO? LET IT GO!

Not all of these questions apply to each item. If you get stuck, and still can't make a decision, create a "maybe" box and store it in there. Keep the box for a year; if you never open it, let it go.