



LISA LINARD Professional Organizer

Less stuff. *More life!*

Questions for Letting Items Go

It's hard to let an item go when it reminds you of your past, you received it as a gift, or you think you might need it someday. However, keeping these items can have a higher emotional, mental, or spatial cost than value. Here are some questions to ask yourself when you're having a hard time letting something go.

General

- Why am I decluttering in the first place?
- What's more important, this item or my space?
- Does this item add value to my life? How?
- Is it helping me achieve my goals?
- Would I buy it again right now?
- Would it feel better to give it to someone who would use it?
- Could I borrow it from someone else if I needed it?
- How many do I have? Do I need all of them?
- If this item were a person, would it be a friend, an acquaintance, or a stranger?

Practical items

- How much would it cost to replace it? Could I afford it?
- When is the last time I used it?
- What is it about future me that is more likely to use it than present me?
- If I keep it, will I remember I have it? Will I know where it is?

Clothing

- Does it reflect who I am today?
- Do I have anything to wear it with?
- When is the last time I wore it?
- If I fit into it "someday," will it still be in style? Will I want to buy new clothes instead?
- How many of this item do I wear in a week? How many do I really need?
- What is a reasonable number of these to have?
- If I ran into my ex, would I be glad I was wearing this?

Sentimental items

- Does this item bring up positive or negative feelings?
- Are there emotions I'm avoiding feeling by hanging on to it? Would letting myself feel those feelings help me let the item go?
- Can I keep just one of this type of item and let go of the rest?
- If I had a picture of the item, would it bring back the same memories?