



# 10 QUESTIONS TO ASK YOURSELF WHEN DECLUTTERING



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**SAY GOODBYE TO PHYSICAL CLUTTER  
WITH THE FOLLOWING PROMPTS**

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1. Is it broken, torn, or stained? Am I willing to use my resources to fix it?
2. Does this item evoke positive feelings and/or memories?
3. How would I feel if I ran into an ex wearing this item?
4. When was the last time I used this item?
5. Does this item add value to my life?
6. Do I value having this item more than I value having the space it takes up?
7. Does this item reflect who I am now, or does it reflect who I was when I bought it?
8. If this item landed in a consignment shop would I be willing to spend money to retrieve it?
9. If I keep this item, will I remember that I have it, or will I forget and buy a duplicate?
10. Do I see myself keeping this item forever? If not, when might I be ready to let it go?