

declutter

CHECKLIST

● Does this spark joy?

If an item that you've been hanging onto for a while isn't making you happy, then why are you keeping it?

● Is this still useful?

When something is old, broken, or has outlived its usefulness, it's time to toss it.

● Am I keeping this out of guilt?

Gifts are so wonderful to receive, but don't feel obligated to keep something that you do not truly love. It's better to pass the item on to someone who will actually enjoy it - your loved one would not want their gift to be a burden.

● Am I keeping this for sentimental reasons?

Sentimental items can be difficult to get rid of, but it's the memories, not the items themselves that matter. Take a photo and jot down why the item is precious to you before sending it to the donation pile.

● Am I keeping this "just because"?

Hanging on to something "just because" is a sure-fire way to amass clutter. Same goes for "I might use this someday." Someday has come and gone. Be realistic with yourself about what items you will honestly use in the future.

● Do I already own something similar?

Items that perform the same function or that you have multiples of should be paired down. Wouldn't you rather have the extra space?

● Do I have this because I don't want to waste it?

Ditch (or recycle) that bottle of moisturizer you tried, but didn't like. You've learned something from it so now it's time to let it go.