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Strategically Simplifying Lives

Life Coach | Organizer | Speaker

14 questions
to ask
yourself about
Your Clutter
to discover
if it is
worth keeping

Do I need this?

Why do I have this?

Would I buy this again?

Do I have other things that will serve the same purpose?

If it's broken, is it really worth the time I will spend to fix it?

Has the season of my life passed where this made sense for me to have this?

Could this item bless someone else?

Am I keeping it out of obligation?

Do I want to have to touch this item again one day?

Did I even remember I had this?

Would I take this item if I were moving?

Is this item worth the space it is taking up in my physical space and my mental space?

Is the only reason I am holding on to this because I don't want to waste money?
(FYI-It is still being wasteful sitting in a box/attic/garage).

What will be the worst thing to happen if I donate/sell/discard this?
i.e. is this item easily replaceable?