

# 12 Questions to Ask When Letting Go of Difficult Items

Do I need it or just want it?

Does this item match my goals?

Do I want to create a home for it?

Is it easy to find another one?

Can I manage without it?

Do I love it?

Are the time and storage costs worth it?

Am I keeping it because of guilt?

Is there anyone who may need it?

Will a picture of it not meet my need for it?

Am I keeping it to avoid something emotional?

Do I have more than one of it?



## Pro TIP

Why are you letting go of items?

If you can visualize your goal or ideal outcome while in the process of letting go, downsizing, or decluttering; you will feel more empowered to keep going. You're working towards that bright future and you CAN do this!



Questions?

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