



# Questions for *letting go!*

## 3 STICKING POINTS

When it comes to letting go of clutter, our obstacles fall into 3 categories: Emotional, Physical, and Financial.

### emotional

- Does this object keep you in the past and prevent you from giving space to the present?
- If you moved, would you be happy to give this a place in your new home?
- What is the worst thing that could happen if you let this go?
- Are you holding onto this not because you like it but because you'd feel guilty if you got rid of it?
- If you let go of this object, can you preserve the memory in a way that takes up less space?
- Does this remind you of a negative experience? If so, do you want to hold onto negativity?

### practical

- Would you rather keep this or have more space?
- What do YOU think is a reasonable amount/number of this type of thing to own?
- Are you keeping this in the event of a very unlikely scenario?
- Could you borrow it instead of owning it?
- 20/20: Could you replace it for \$20 or less in 20 minutes or less?\*
- Truthfully, when was the last time you used it?

### financial

- Would you buy it again?
- If you moved, would you want to pay to have this packed, shipped, and unpacked?
- $\$ \text{ paid} \div \# \text{ of years owned or } \# \text{ of times used} = \text{Did you get your money's worth?}$
- Does it have value in its current condition?
- Is there a still market for this type of thing?
- If someone else could get use out of it, would you forgo the value and give it to them?