



Take action & get unstuck

Once you recognize the 3 Sticking Points (emotional, practical, and financial) that cause you to hold on, here's what you can do to get rid of the clutter.

emotional: honor the item

- Take a picture of it. Better yet, take a picture of yourself with it.
- Write down or tell someone the story behind the item.
- Give it to someone who'd appreciate it or to a charity that's meaningful to you.

practical: gain perspective

- Donate it now while it's still in usable condition and/or still in style.
- List it on your local Freecycle or Buy Nothing group.
- If you find you need/want it again, be resourceful. Borrow one, make do with something similar, or find a workaround.

financial: get real!

- Research the market. Is anyone selling these? How much do they really fetch?
- Sell it cheaply and quickly online with sites that make it easy. Facebook, Craigslist, Thredup, Depop, etc. 50% of what you paid is a good starting price.
- Will you really follow through on selling? If not, cut your losses and donate it.