

# 7 Key Questions

to Help You Declutter

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## 7 KEY QUESTIONS

### **1. Why am i keeping it?**

When we can answer the why of keeping question and accept the truth, we can often see what our heart and mind need to process. Many times it is fear and the scarcity mindset that keeps us holding on.

### **2. How do i want to live my life?**

I used to ask myself what I wanted to keep until I made the deeper connection that **WHAT I OWN** actually determines **HOW I LIVE**.

### **3. Do I want to manage this item forever?**

Every item in our home is going to need to be managed. That can look like being moved, cleaned, sorted, stored. But it's not just about physically managing it. It's also emotional managing and allowing it to take up space in our mental load. Even tucked away in a closet, research shows that clutter weighs on us and increases our stress and cortisol levels.

### **4. What are my most cherished sentimental items?**

When I found myself holding on to too many of my grandparent's things (because they remind me of them) I'd ask, "Which ones were my most cherished items." What would I keep if my grandparents were here and asked me to choose 'three' things?

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### 5. Do I want to leave this as someone else's responsibility?

As time went on I started asking myself, "What truly adds value to my life in my home—with the forethought that someone I love will be left to take care of it." As a mother to four, I never want them to feel the burden of my excess.

### 6. Can a photo & story be enough?

Taking a photo of a sentimental item can be a way to remember the memory but let the item go. This is a great time to utilize Artifcts!

### 7. What do I need in this season of my life?

No matter where we've been or where we're going, when we fixate on the past and the future, It's at the expense of the present. Ask yourself what you really need in THIS season of your life because where you're at now is what matters.

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