

Questions to Ask When Decluttering Sentimental Items:

- **Would I still remember this moment without the object?**
- **Am I keeping this because I want to or because I feel like I should?**
- **If it's stored away, why am I keeping it?**
- **Would I notice if this item were gone?**
- **Is this one of the most meaningful items from this person or time?**
- **Does this item represent who I am today?**
- **Am I holding onto a version of myself I've outgrown?**
- **Who am I really keeping this for?**
- **Would the person connected to this item want me to feel burdened by it?**
- **If this were lost or damaged, would I try to replace it?**
- **If the answer is no, does it need to stay?**
- **Does keeping this item add calm or clutter to my home?**
- **Has this item already served its purpose in my life?**
- **Could I take a photo instead?**
- **Could this be passed on to someone who would appreciate it more?**