

## 21 Questions to Ask

# While Decluttering

1. What is the benefit of having a cleaner home with less clutter?
2. Does it increase the quality of my life?
3. What's the worst that could happen if I let it go?
4. Do I need this or just want it?
5. How is this clutter affecting my life and my house?
6. Does it help me achieve my goals in life?
7. Do I have guilt around keeping this item?
8. When was the last time I've used this item?
9. Is there someone else who would love this item more than I do?
10. Does this item support my future self?
11. Do I have space for this item?
12. Why am I holding onto this?
13. Do I need to save this for legal or tax purposes?
14. Does it bring me joy or irritation?
15. If I keep it, how am I going to use it?
16. Does it help make my home look or feel beautiful and/or inviting?
17. If poop were to get on it, would I take time clean it or simply toss it? LOL.
18. Would I take this to my new home if I were to move tomorrow?
19. Does it take up too much energy, money or time?
20. Do I look good and feel confident in it?
21. Do I have a duplicate of this item?