

Decide & Declutter

Have you used it in the last year?	Yes	No
Do I need it in order to be happy or productive?	Yes	No
How much effort does it require from me?	Not a lot	A significant amount
Is it less than \$20 and take less than 20 min to replace?	No	Yes
Would I buy it again if it was gone?	Yes	No
Is it fulfilling its primary purpose?	Yes	No
Is it serving my authentic self?	Yes	No
Do I have other items that can do the same thing?	No	Yes
Where is it living in my home?	A reasonable/ designated space	Somewhere that overwhelms me/doesn't make sense
Would someone else benefit from it more than me?	No	Yes
How does owning it make me feel?	It adds peace	It takes away from peace
What is the real reason I'm keeping it?	I need/love it	I feel anxious/guilty/ashamed when thinking of discarding it
	KEEP	DISCARD