

5 DECLUTTERING QUESTIONS

1. Do I love it, use it, or need it right now?

- Yes → Keep it
- No → Let it go

2. Would I buy this again at full price?

- Yes
- No

3. Is this item worth the space it takes up in my home (and mind)?

- Yes
- No

4. Am I keeping this out of fear, guilt, or habit?

- No → You're free to let it go
- Yes → Time to reflect and release

5. Does this align with the life I want to create?

- Yes
- No