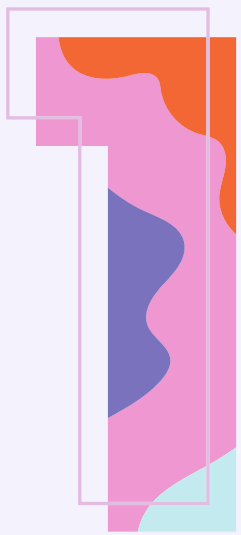


RECLAIMYOU

DECLUTTERING QUESTIONS



HOW DOES THIS NOURISH ME?

Mentally
Physically

Emotionally
Spiritually



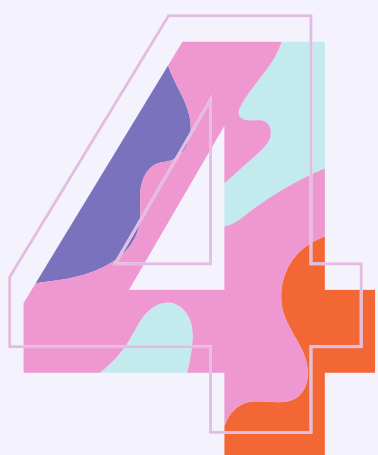
DOES THIS ADD VALUE TO MY LIFE

Does it help propell you towards the life you are wanting to create for yourself?



WHY AM I HOLDING ON TO THIS?

What is the story behind the item?



DO I HAVE THE SPACE FOR THIS?

Two options here. Either make space for it by releasing something else or let it go of this item!



DO I HAVE TIME FOR THIS ITEM?

Perhaps put a time limit on the item (If I haven't used this in 3 months time - i'll donate it) **mark in calendar*

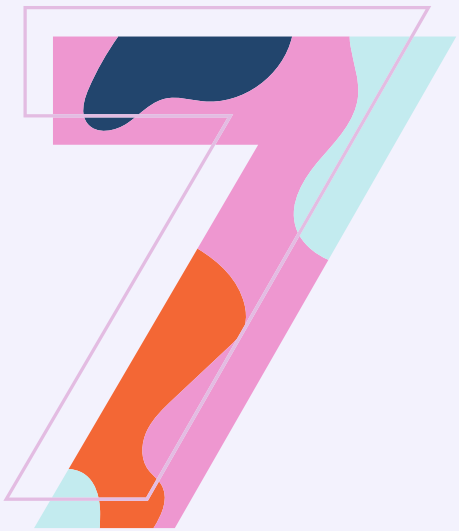


AM I KEEPING THIS OUT OF OBLIGATION?

Or percieved expectation? check that guilt at the door! That isn't helping you AT ALL.

RECLAIMYOU

DECLUTTERING QUESTIONS



THE FOUR F'S

Does it Fit?
Is it Flattering?
Does it make me feel fabulous?



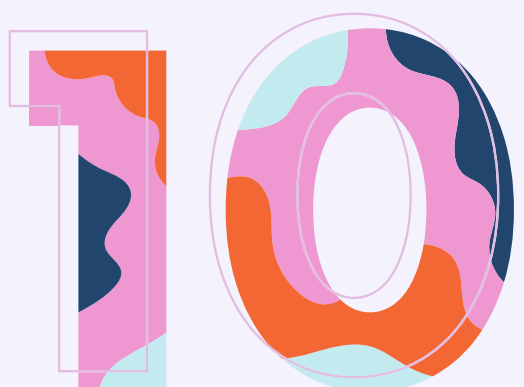
DO I EVEN LIKE IT?

You might just find...you don't even like this thing. But someone else might - so donate it.



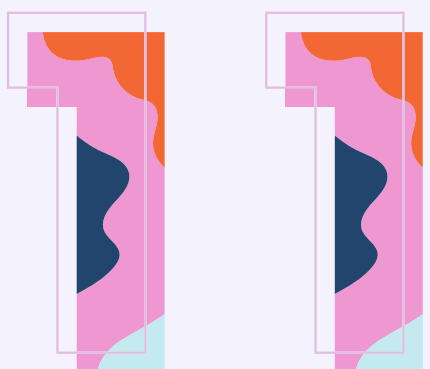
AM I KEEPING IT FOR ONE DAY?

When is one day? When does one day begin and when does one day end?



DO I REALLY NEED THIS?

Wants vs Needs



DO I HAVE A SIMILAR THING?

Think multi purpose.



WHEN DID I LAST NEED THIS?

When was the last time you used this item? Last Week? Last Month? Six Months or a Year ago? Longer!?