

Should I Bring This Item Home

- Do I need it now or in the near future?
- Do I have others I could use instead?
- What makes this item special and unlike anything I already have?
- How would my life change without it?
- If I am acquiring it for someone else, have I asked them first if they want it?
- Have I got things for other people and not delivered them? Can I find and give the things I have already instead of buying more? Can I create a “gift box” or “gift shelf” and choose gifts from there when I need one next time?

Should I Let This Item Go?

- Do I love this? If YES and you have enough space where it would be used, KEEP IT!
- Is this item “ME” going forward? Is this Item “ME” as I used to be? Am I better living in the present or staying in the past?
- Do I use this often? Could I get it elsewhere if I needed it? i.e. (borrow, rent, share, buy it used)
- Am I keeping this because I miss someone and they liked it? Do I love it? If I donated it, would it comfort me if someone else who also loved it, like the person I miss, had it, used it and loved it?