

Clutter Worksheet

Is it clutter? To find out, ask yourself the following questions:

1. How it come into my life:
2. How I felt when I was given it, or purchased it?
3. What is its history? (For example, do you use it ...is it on display...does it live in the back of the closet...does it come out only when 'certain' people (like the person who gave it to you) visits?
4. How I feel every time I see it? Good? Bad? Neutral?
5. How I feel about letting it go?
6. How I feel about keeping it?