

Power Questions for Clutter Clearing

When you are sorting through possessions, ask yourself the following:

Do I Love it?
Do I Need it?
Do I Use it?
Does it raise my energy...make me smile?

If not – it's time to toss it, gift it or donate it.

If you get stuck deciding whether to keep or let go of something - take the item and ask these questions...

- ? Does it reflect who I am in my life now?
- ? What positive &/or negative emotions, memories, or thoughts do I associate with this? If negative, remove it from your space/life.
- ? Does it need to be fixed or repaired, and am I willing to do so now? If not when?
- ? If I moved tomorrow, would I choose to take it with me - and pay the cost in energy & cash?
- ? If it is time to let go of it - where and when will it go?