

# Decluttering Obstacles

WE ALL GET HUNG UP FROM TIME TO TIME

Here's how to move past decluttering stumbling blocks!

The Endowment Effect -->  
OVER VALUING our personal possessions

Ask: "Would I buy this item again?"

NO

DONATE IT

YES

"What would I pay for it?"

Sunk Cost Bias-->  
Moving Past Wasted Money

Ask: "Besides money, what am I wasting by keeping this item?"

- Time?
- Energy?
- Peace of Mind?



Raised not to waste things

Try this:

- Use the container concept:
- Define an area where you can keep this item
  - Only keep what comfortably fits in this area

This works well for things like plastic containers, bags, jars, scrap material, magazines, books & more!

Things from loved ones

Ask:

"What item(s) most reminds me of my loved one?"

"Where could I display it so that I'm honoring their memory?"



Emotionally Drained

Try this:

Look for 5 things. Just 5.

They can be items to donate or toss, but just look for 5 things & then you can quit (but most likely you'll want to keep going!)

5