

# Henry & Higby

## Motivating Questions

- What could I focus on if I didn't have this clutter?
- What have I not done because clutter has been in my way?
- In what ways would my life improve if I removed this clutter?

## Decluttering Questions

- If you could buy this again right now, would you?
- Do I wear it?
- Do I already have a similar item?
- Would the person I am saving this for really want it?
- Am I going to really make the effort to get this item to someone?
- Is this really important to me?
- If the item is something from your past, is it connecting you with that past in a way that supports your life now? Does it help you have the life you want now?
- When was the last time you used it?
- Would someone with much less appreciate it more?
- Is there a charity I would like to donate this to?
- Have I been hanging onto this "just in case"?
- Are there any emotions you are avoiding feeling by holding onto this item? Such as grieving a lost one or a part of your life that is not your life now. Would allowing yourself to feel that sadness allow you to let go of something that is holding you back and allow space for something new?

