

# Decluttering for Your Present Self

Decluttering efforts are easily derailed by thoughts based in **past** versions of yourself, or in fears about the **future**.

*Exercise:* For each thought below, answer Yes or No:

**"Does this thought support my present needs, tastes and desires?"**

"I haven't been into this lately, but I could change my mind."

"I used to love this."

"I've been meaning to read this."

"I love this one!"

"This might fit me better in the future."

"I thought I'd use this a lot when I bought it."

"What if I need it?"

"Oooh I've been looking for this!"

"I can't wait to read this."

"I don't even recognize that."

"Looking at this brings me so much joy."

"This used to be my favorite."

"One time, I ran out of this."

"What if the other one breaks?"

"This is from my \_\_\_\_\_ era."

"This is important to my partner or child."

"I might regret getting rid of this."

"I've just always had this."

"I'm not ready to let go of this right now."

"I stocked up on these when my kids were little."

"This is the one I reach for."

"I might need this someday."