

# Keep It or Let It Go?

## Start with the easy filter

1

Pick one item. Check the statements that apply, then choose a next step.

**Item I am considering:** \_\_\_\_\_

Katie's \$20 / 20-minute rule: If I can replace it within 20 minutes for under \$20, and I do not expect to use it in the next six months, I let it go. I am not perfect at this, but I often find I can make do with something else.

### Which statements are true?

- ☐ I do not realistically expect to use it in the next six months.
- ☐ I could replace it within 20 minutes for under \$20.
- ☐ Something I already own could do the job.
- ☐ My reason for keeping it is mostly "just in case."

If the first two statements apply, this may be an easy release. Adjust the rule to your budget and circumstances. Consider genuine seasonal, emergency, or hard-to-replace needs.

### Choose your next step

☐  Keep ☐  Sell ☐  Donate / give away ☐  Toss / recycle

**If it's leaving, I'll get it out by:** \_\_\_\_\_

**Destination (optional):** \_\_\_\_\_

# Keep It or Let It Go?

## 2 Does it fit my life now?

Use this page for clothing and other usable belongings you have outgrown.

**Item I am considering:** \_\_\_\_\_

### For clothing

- ☐ It fits, and I would choose to wear it now.
- ☐ It is one size up or down, and worth considering for my available space.
- ☐ If I became that size again, I would still want to wear it.
- ☐ It is too big, but worthwhile tailoring could make it something I wear.
- ☐ Someone has actually agreed to use it; I have a clear handoff plan.

### For any usable item

- ☐ It suits my current style, interests, and daily life.
- ☐ I have room for it and a realistic reason to use it.

A prom dress can hold memories without needing to stay in your closet forever. Your never-used sequin jumpsuit might be someone else's thrift holy grail.

### Choose your next step

- ☐ Keep   ☐ Tailor   ☐ Sell   ☐ Donate / give away

**Next action:** \_\_\_\_\_

**Deadline:** \_\_\_\_\_

# Keep It or Let It Go?

## 3 Repair, sell, or release

A repair pile needs a plan. A selling pile needs an exit date.

**Item I am considering:** \_\_\_\_\_

### If it is broken

- ☐ A repair is possible, and I will use or value it afterward.
- ☐ I have chosen a specific repair spot and a next step.
- ☐ I can complete or arrange the repair within the next 30 days.
- ☐ If I will not repair it, I am ready to part with it now.

### If I want to sell or donate it

- ☐ I checked completed sale prices where available, not just asking prices.
- ☐ The likely return makes the time and effort of selling worthwhile.
- ☐ For donation, I will check that someone wants it in its current condition.

Broken beyond repair? Choose the appropriate recycling or disposal route. A high asking price does not tell you what an item will actually sell for.

### Choose your next step

- ☐ Repair   ☐ Sell   ☐ Donate / give away   ☐ Recycle / dispose

**Next action:** \_\_\_\_\_

**Deadline:** \_\_\_\_\_

# Keep It or Let It Go?

## 4 Keep the meaning within your limits

You can love something and still decide you do not have room for it.

Katie's story: I wanted my grandmother's china my whole life. When the time came, I already had my great-aunt's china. I could not fit both, and paid storage was not affordable. Passing on my grandmother's china was bittersweet, but it honored the limits of my space and budget.

### Which options could work for me?

- ☐ Keep one meaningful piece and photograph the rest.
- ☐ Make a useful keepsake: a baby-clothes quilt, medal display, or mosaic.
- ☐ Choose an upcycling project with a real purpose and completion plan.
- ☐ Pass it to someone who wants it and has space to enjoy it.
- ☐ Store it temporarily only with an affordable cost and a firm end date.

It is okay to have limits. It is okay to say no. Parting with belongings does not erase your love or memories. You do not have to take on ongoing expense to prove that you care.

### Choose your next step

- ☐ Keep a piece    ☐ Photo / upcycle    ☐ Pass along    ☐ Keep with a plan

**Next action:** \_\_\_\_\_

**Deadline:** \_\_\_\_\_