

Cleanse this room of everything that does not make you smile!

- What do I want to achieve?
- Keep the stuff that reflect who you are in the here and now!
- Do you love this item? Do you need it?
- Have you used it in the past year?
- Is it really garbage or can someone else use it?
- Do you have another one that is better?
- Should you really keep two?
- Does it have sentimental value that causes you to love it?
- Does it make you feel guilty or make you sad?
- What is the worst that could happen if you would get rid of it?
How will it affect you and your family?
- What will it cost to store, to buy again?

Finish every day and be done with it.

Tomorrow is a new day!