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# DECLUTTERING CHECKLIST

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## Things that don't fit

Today we are going to face clothes that don't fit, or ones we are saving for when they are back in fashion.

**Here are some questions to ask yourself when you look at your clothes, either in a drawer, on a rail or on the 'floordrobe'**

- How long have you had it?
- Do you still like it?
- Does it need repairs you are never going to get round to?
- Do you still like the colour?
- Does the texture feel nice?
- Does it make you feel fantastic when you wear it?
- Does it have a funny smell you can't get rid of?
- Do you really need more than 10 black t-shirts?
- Are you keeping it because it will come back into fashion one day?

## Remember

- It's ok to get rid of more than 5 things but don't get carried away!
- It's ok to bin stuff that isn't good enough to give away.
- Things sometimes have memories attached, if you find this happens to you it's ok to leave it until you have the support you need to cope with it.
- It's all ok, don't stress about it just choose 5 things that are obviously not for you right now.
- Don't choose anything you think might have a reasonable resale value.
- Choose stuff you are happy to get rid of and say goodbye to now.

**Just 5 minutes for 5 things. It's easy.**



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Have nothing in your house that you do not know to be useful, or believe to be beautiful.

William Morris.

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