

## Tips for Dealing with Sentimental Items

1. If you're dealing with a mountain of *sentimental items*, ask yourself these simple questions:
  - How does this item add value to my life, right now?
  - Will I suffer significantly if I let it go?
  - Am I holding onto this for someone else who probably doesn't want it?
  - How much of my valuable space am I willing to give up keeping sentimental stuff?
  - Can I only keep one item that reminds me of a person or moment instead of several?
  - Could I take a photo of this item and let it go?
2. Honour all your belongings by investing some time and money in the *proper storage* so that your things are well taken care of and can be admired and enjoyed.
3. Sooner or later, we will find ourselves sorting through the belongings of a loved one we have lost. Unlike other organizing projects where you set clear goals at the beginning of the project, you may need to set goals slowly as you work through the *various stages of grief*. Enlist some help from a trusted, non-judgemental third party.
4. When you shift your material possessions and remove all the extras from your life, you will open up space for *new experiences*. Letting go of your stuff really can help you change your life and move forward. Hold onto that thought throughout the decluttering process.