

Decluttering Your Life

CHECKLIST

Think of the thing, hobby, habit, behaviour, belief, person or what takes too much of your time...

- How long have I had it/ him/ her?
- Did it use to make me happy?
- Does it still make me happy? How often?
- Is it healthy for me?
- In what way(s)?
- What are the alternatives?
- What would my life be like without this?
- How is that?
- Does it serve me right now?
- Does it serve my future objectives?
- What would be the deal breaker?
- What's the best way to move forward?
- What are the pros?
- What are the cons?
- Now is DECISION TIME. Am I keeping this?

Once the decision is made, move on to the next thing.