Six questions for de-cluttering your home

The art of simplicity is easy to preach but difficult to live. Letting go of the clutter that crowds our homes and complicates our lives is no easy task. But these questions can help. If every single question doesn't elicit a "Yes," it's time to let the item go. Goodwill (or the trash) is waiting for it.

Questions to ask when …

Cleaning out the closet

1. Does it fit?
2. Do I/my spouse/my child wear it?
3. Do I/my spouse/my child look good in it?
4. Is it modest?
5. Is it age-appropriate?
6. Is it in good condition?

Decluttering bedrooms and living spaces

1. Is it beautiful?
2. Does it make me happy?
3. Does it have sentimental value?
4. Does it reflect my personal tastes and interests?
5. Do I want to look at this every day?
6. Does it enhance the space or crowd it?

Organizing the kitchen and bathroom

1. Is this useful?
2. Does it work?
3. Do I use it often?
4. Do I have and need more than one of the same item?
5. Do I have space for it?
6. Does this belong in this room?

Organizing storage spaces

1. Do I still use this?
2. Is it in good condition?
3. If it’s broken or damaged, do have the time or money to fix it?
4. Do I need it?
5. Am I keeping this because I feel guilty getting rid of it?
6. If I had to move tomorrow, would I want to move this?

For more on this topic, check out Emily Stimpson’s piece on a Catholic home.

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