

# Release the Stuff

## RETAIN

- I use this on a regular basis
- This has multiple uses
- This brings me joy
- This is a family heirloom
- I only need one

## WHAT TO DO WITH THE STUFF

- Thrift Store
- Consignment store
- Recycle facility
- Non profit
- Family/friend
- Sell
- .....

## REDUCE

- How many do I actually need?
- Does anyone care if this is gone?
- Will this be important in X years?
- Can I access this info online?
- Do I really need this?

## RECYCLE

- I haven't used this in a long time
- I have too many of these
- My style has changed
- Somebody else can use this
- What was I thinking!!

## REASONS FOR RELEASING THE STUFF

Reminds me not to buy more stuff

Gives me more space in my life for the things that bring me joy

Feels good knowing someone else can use it

Brings me peace knowing I'm no longer burdened with too much stuff

My reasons: \_\_\_\_\_

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