

De-clutter Your Past

21 Day Challenge

MEMENTOS & KEEPSAKES



Note: This project does NOT include photographs

1. DO I REMEMBER THIS ITEM OR EVENT?

-IF NO, CONSIDER GETTING IT OUT OF YOUR STORAGE SPACE BY SELLING, DONATING OR THROWING AWAY.

2. IF YOU DO REMEMBER THE ITEM, DOES IT PROVIDE YOU WITH STRONG POSITIVE MEMORIES?

-IF IT DOESN'T BRING YOU HAPPY MEMORIES WHY KEEP IT?

3. IS IT SENTIMENTAL?

-IS THE JOY OF THIS ITEM FOUND IN THE PHYSICAL OBJECT OR IN YOUR MEMORIES?

4. WAS IT INHERITED?

-IF IT'S SOMEONE ELSE'S MEMORY THAT DOESN'T MEAN MUCH TO YOU, IT'S BETTER TO DEAL WITH IT THAN STORE IT AWAY.

- IS THERE SOMEONE IN THE FAMILY THAT IT MEANS SOMETHING TO? BEFORE TOSSING, SELLING OR DONATING CONSIDER IF SOMEONE ELSE IN THE FAMILY MIGHT HAVE A STRONG CONNECTION TO THE ITEM AND ASK THEM IF THEY WANT IT!

- IF SOMEONE ELSE WANTS IT, GET IT TO THEM ASAP AND CLEAR UP THE SPACE IN YOUR OWN SPACE.

5. IS THERE A WAY TO STORE THE ITEMS YOU LOVE THE MOST OUT IN THE OPEN OR SO THAT IT TAKES UP LESS ROOM?

- TAKE A PICTURE OF IT, OR LOCATE A PICTURE YOU HAVE OF YOU WEARING, HOLDING OR CARRYING IT (EXAMPLE WEDDING BOUQUETS OR COLLEGE CLUB T-SHIRTS).

- SHADOW BOXES

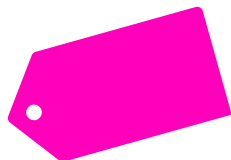
- TURNING IT INTO UPDATED HOME DECOR

- CREATING A SMALL SCRAPBOOK OF ONLY THE BEST WORK/ART/CARDS?

DIVIDE ITEMS INTO 4 CATEGORIES



Keep



Sell



Donate/Give



Repair