

Remember the joy lies in the memories themselves, not the physical objects.

1. Take photos of special items to capture moments without the burden.
2. Sort everything into categories first.
3. This creates manageable piles before deciding what to keep.
4. Limit yourself to a certain number of sentimental keepsakes per category.
5. Be selective about what best represents favourite memories.
6. Give unused, but beloved items a new purpose - decorate a memory box, make a quilt, frame old t-shirts.
7. This honour their significance.
8. Create a "prized possessions" display with just a few especially meaningful items.
9. Let go of others gently - thank them before passing them on.
10. Donate unused games/toys to a children's charity where they'll be enjoyed.
11. Have a boot sale for items that may raise funds for your goals.
12. Enlist a supportive friend to provide motivation and objectivity.
13. Lean on each other through emotional moments.
14. Make a written plan of tasks, target dates, and goals.
15. Take before photos of beloved items you need to release.
16. Give yourself realistic timeframes.
17. Tackle categories one by one.

Celebrate each milestone! Remind yourself of the peaceful space and purpose you're working towards.

EXAMPLES

- Books Clothing
- Kids Toys
- Decorations
- Papers/Documents
- Donation/Selling Plan:
 - Books - Donate to library
 - Clothes - Sell at consignment shop
 - Toys - Donate to local children's shelter
 - Furniture - Sell on resale site

Keep/Display Plan:

Most treasured family photos put in dedicated photo album

Favourite childhood stuffed animal displayed on shelf

Trim kids artwork down to 10 favourites displayed on memory wall

Celebration Rewards:

Massage after completion

Flowers to enjoy in new peaceful space

Movie night in refreshed living room

Buy something new for your space