

## No Nonsense No's –Suggested Stuff to Release as you downsize

### HOUSEHOLD:

- ✓ Decorative items that drain your energy
- ✓ Kitchen gadgets that seemed like a good idea
- ✓ Old tired stuff – especially when you have a new one standing by
- ✓ Things that family members pawned off on you because they didn't want them either
- ✓ Tired artificial plants and flowers

### MEDIA:

- ✓ Books you never read and aren't going to read
- ✓ Music that you no longer like
- ✓ Photos that are bad or blurred
- ✓ Technology that is outdated and you no longer use

### WEARABLE:

- ✓ Clothes your kids no longer wear
- ✓ Clothes from another life or era
- ✓ Clothes that make you feel frumpy, lumpy, fat or grumpy
- ✓ Clothes that are pilled, stained, stretched, torn and beyond repair
- ✓ Jewelry that has been sitting and never worn
- ✓ Makeup that was never quite right
- ✓ Shoes that kill your feet

## MISCELLANEOUS:

Anything that has bad juju

Broken, lcky, sticky stuff with missing parts and pieces

Gifts that were given to you that you are keeping out of guilt and obligation

“I might need stuff” you haven’t needed yet

Parts of things you no longer own

Random Crap that has no use or purpose that you don’t know why you have

Stuff you got for free that you didn’t want in the first place

Stuff that is sitting around, not being used or loved and is there just because

Things that make you feel sad, lonely, depressed

Things that you consider ugly (even if someone else think’s they are beautiful)

Things that you don’t even like

Toys your kids don’t play with