



Decluttering Sentimental Items Checklist



Step 1: The Initial Sort Creating Your Sorting Spaces

- ☐ "**Absolute Treasures**" (the ones that make your heart sing)
- ☐ "**Maybe Memories**" (the "oh, but what if..." pile)
- ☐ "**Ready to Release**" (items ready for their next chapter)

Precious Photos

- ☐ Pick out the real stunners that tell your story
- ☐ Pop them onto your computer
- ☐ Choose the extra special ones for displaying

Cards and Letters

- ☐ Snap pictures of the lovely but simple ones
- ☐ Keep the really heartfelt notes
- ☐ Save special messages digitally
- ☐ Create a proper home for correspondence you treasure

School Days Memorabilia

- ☐ Photograph the participation certificates
- ☐ Keep a few special pieces from each time
- ☐ Make a digital scrapbook of important documents

Family Treasures

- ☐ List out inherited pieces
- ☐ Note which ones really connect you to your family story
- ☐ Think about what works in your home today
- ☐ Choose special ones to have on display

Holiday Souvenirs

- ☐ Group by trip (relive those adventures!)
- ☐ Pick out display-worthy treasures
- ☐ Photograph the rest

Little Ones' Artwork

- ☐ Pick some favourites from each stage
- ☐ Create a digital gallery (perfect for sharing)
- ☐ Select current favourites for the fridge or frames

Step 2: The Storytelling Session For Each "Maybe" Treasure

- ☐ Hold it and have a proper look
- ☐ Take some lovely photos
- ☐ Write down the special memory it holds
- ☐ Ask yourself: "Is it the item I love, or the story?"
- ☐ Decide if you'll keep, photograph, or release it

Remember To:

- ☐ Work in short bursts to avoid overwhelm
- ☐ Take photos before letting go
- ☐ Focus on memories, not objects
- ☐ Choose quality over quantity
- ☐ Store only what you can properly protect

Notes

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