



# 7 KEY QUESTIONS TO ASK WHEN DECLUTTERING YOUR KITCHEN

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# THE CHALLENGE

Decluttering can be overwhelming, but asking the right questions can help simplify the process and guide your decisions.



# #1

## **DO I USE THIS REGULARLY?**

If an item hasn't been used in a while, it might be time to let it go. Ask yourself whether it's something you actually use or if it's just taking up space.



## #2

# DOES THIS ITEM BRING ME JOY OR VALUE?

Reflect on whether an item adds to your life in a meaningful way. If it doesn't spark joy or provide value, it's likely something you can part with.



**#3**

**WOULD I BUY THIS  
AGAIN TODAY?**

Consider if you would purchase this item now if you didn't already own it. If not, it might be time to let it go.



## #4

# **DOES THIS FIT MY CURRENT LIFESTYLE OR NEEDS?**

Items that once served a purpose may no longer be relevant to your life. Ask if it still fits your needs or if it's just a reminder of the past.



# #5

## **IS IT BROKEN OR UNUSABLE?**

Anything that's damaged beyond repair, expired, or no longer functional has no place in your space. Toss or recycle it.



## #6

# DO I HAVE MULTIPLES OF THIS ITEM?

If you have more than one of the same item and only use one, get rid of the extras. Reducing duplicates can free up space.





# #7

## **COULD SOMEONE ELSE BENEFIT FROM THIS?**

If you're unsure about parting with something, consider if someone else might make better use of it. Donating or giving items can be a win-win.



# **BE EMPOWERED**

By asking these questions, you can make more thoughtful decisions, reduce clutter, and create a space that feels more organized and purposeful.





**LOVE IT?**



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