

**WISE & Healthy Aging
Peer Counseling Program
Collecting to Decluttering**

Challenge Questions

1. How many do I already have?
2. How many of this would be enough?
3. Do I have enough time to actually review/read it?
4. Does it fit with my important values and needs?
5. Is this truly important or does it just seem like it because I'm looking at it?
6. Do I have a specific plan to use this item within a reasonable time frame?
7. Have I used this in the last year?
8. Is it current?
9. Would I buy it again if I find I need it?
10. Would I buy it again if I didn't already own it?
11. Do I really care about this?
12. Could I get by without it?
13. How will this help me solve my cluttering problem?
14. Would I die without it?
15. Would my safety be impaired without it?
16. Would my health be jeopardized without it?
17. Is this needed to keep my financial records in order?
18. Do I actually NEED this or do I just WANT it?
19. Do I love it?
20. Can I use something else instead?
21. Is there someone that can use it more?
22. Do I use this regularly?
23. Does this fit in the season of life that I am in now?