

2. What if you can't throw something away?

Why do you own this item? Where did you buy it, and for what reason?

What did it mean to you then? What does it mean to you now?

If you have worn it, when was the last time?

If you have never worn it, why is that?

Sell it Where?

Give it away? To whom?

Throw away

Keep as it sparks joy!

Thank the item and release it with gratitude.