



# How to let go of your STUFF!

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In this video, we'll explore the journey of letting go of possessions we're emotionally attached to and embracing a minimalist lifestyle. We'll provide you with actionable steps to make this emotional process more manageable and help you free up both your physical and mental space.

## Action

- *Reflect on Attachments:*  
Reflect on possessions that tug at your heartstrings. Consider why they're so important to you and what they represent. Self-Inquiry: Why am I emotionally attached to these items, and how have they become a part of my identity? What do I stand to gain by letting go of these attachments?
- *Embrace Change and Growth:*  
Recognize that as you evolve, so do your priorities, values, and lifestyle. Accept that change is a natural part of life. Self-Inquiry: How is this item serving me now? Does it impact my life in any way?
- *Give Your Possessions New Homes:*  
If you're letting go of sentimental possessions, consider passing them on to someone who will appreciate them, such as family, friends, or through charitable donations. Self-Inquiry: Who else could benefit from this?
- *Digital Preservation:*  
Capture the essence of your physical possessions digitally by taking photos, scanning notes, or creating a digital memory bank.
- *Keep What Truly Sparks Joy:*  
Use the "spark joy" criterion. While decluttering, hold each item and ask if it sparks joy in your life. If not, consider parting with it. If it's a family treasure, consider displaying it.
- *Practice Mindfulness:*  
Be present in your decisions and acknowledge the emotions that arise during the process. Allow yourself to feel sadness or nostalgia but continue moving forward.