

WEAR YOUR WARDROBE STAY OR GO GUIDE



CLOTHES

SIMPLE DECLUTTERING QUESTIONS

YES

NO

Is it too short?		
Do you like the colour or pattern?		
Is it a fabric you like to wear?		
Does it need mending or altering?		
Is it now out of fashion?		

MORE DIFFICULT DECLUTTERING QUESTIONS

YES

NO

Is it sleeveless and you don't want to show your arms?		
Is it short and you don't want to show your knees?		
Does it not sit well on your tummy?		
Does it gape or show too much cleavage?		
Is the neckline too high or too low?		
Was it a gift or hand me down that you are keeping out of guilt?		
Did you wear it at a period in your life you loved and are struggling to let go of?		
Is it something that evokes deep memories of someone who is no longer around?		
Does it take you to such a happy place that even if you never wear it you don't want to part with it?		
Was it expensive and you feel wasteful?		
Do you need to buy something to go over or under it to make it useful?		
Are you holding on to it because you think you will sell it one day?		

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SHOES

SIMPLE DECLUTTERING QUESTIONS

YES

NO

Do you love them?		
Do you wear them?		
Do you see yourself wearing them again?		
Are they comfortable?		
Are they the right size?		
Are they too tight or do they give you blisters?		
Is the heel too high or too low?		
Do you like the colour?		
Do they need repairing?		
Are they now out of fashion?		

MORE DIFFICULT DECLUTTERING QUESTIONS

YES

NO

Have your feet grown or your arches flattened which has taken you into a different size?		
Do your feet swell?		
Are your feet or nails problematic?		
Are you holding on to it because you struggle to say goodbye to that era of your life?		
Are they 'a thing of beauty' you are coveting but they don't fit?		
Do they evoke special memories?		
Are they useful for a hobby you feel you might return to 'one day'?		
Were they expensive and you feel wasteful?		
Are you keeping hold of them with a view to selling them one day?		

CATEGORY BY CATEGORY

ADDITIONAL DECLUTTERING QUESTIONS

YES

NO

T-shirts and woollens - Is it a novelty T-Shirt or jumper?		
T-shirts and woollens - Is it a 'Decorating' or 'Gardening' jumper?		
Sportswear - Is it from a hobby or sport that you feel you should return to one day?		
Sportswear - Is the amount you have justified by the time you spend doing sport?		
Sportswear - Is it a T-shirt you got in a goody bag from an organised run?		
Sportswear - Are you happy that the current fabric works well for you?		
Nightwear - Is it too short, too tight, too sexy?		
Nightwear - Are you too warm at night or not warm enough in it?		
Nightwear - Is it a novelty onesie?		
Nightwear - Do you have an excessive amount of nightwear?		
Underwear - Do you have excess due to not being on top of laundry?		
Underwear - Are your thong days behind you and can you let them go?		
Underwear - Are your bras comfortable and nice to wear?		
Underwear - Do you need to keep straps that go with strapless bras?		
Socks - Are you keeping socks to see if its partner shows up?		
Socks - Are you stockpiling socks due to having run out in the past?		
Socks - Is your laundry management the reason for excessive volumes?		
Tights - Is the dernier still what you like to wear?		
Swimwear - Has chlorine ruined your swimwear or has the elastic gone?		
Swimwear - Do you need as many costumes and bikinis for holiday or use at home?		
Belts - Are the belts too short or the holes loose or in the wrong place?		