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Mindful Decision-Making Worksheet

A printable worksheet to help you pause and weigh decisions about keeping or letting go when decluttering

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Take your time

Deciding what to do with possessions can bring up strong feelings. You always have choice and control. You can take a break, stop, or ask for support.

1. Pause and ground

Notice your feet on the floor, the support of your body, or your slow breathing. You can also notice what is around you.

What have I chosen to notice?

The item I am considering:

2. Notice what is happening

What do I notice in my body? What emotion is here? What thoughts or memories come up?

Distress rating: 0 = no distress | 10 = as distressed as I can imagine

Before: _____ / 10

Feelings do not need to disappear before you decide.

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3. Weigh up the decision

There are no right or wrong answers. You can skip any question.

Usefulness

How is this item used? Does it serve a purpose that matters to me?

Space

Where would it live? Is there space for it?

Values

Does keeping or letting go support the home and life I want?

Alternatives

Could the same need be met another way? A photograph can hold the memory.

Cost of keeping

What might keeping this take from me, or give me?

4. Connect with what matters

Which value matters most here — comfort, connection, safety, creativity, or space to rest?

One small choice that could support this value is:

5. Choose my next step

- ☐ Keep it
- ☐ Let it go
- ☐ Donate or gift it
- ☐ Take a photograph
- ☐ Not sure yet

I can change my mind. This is a practice, not a verdict.

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