

Arizona Senior Moving's Guilt-Free Letting Go Flowchart

Walk through the process of determining what to pass along to family or donation by answering and taking action on the following questions:

- Was this item a gift or something I inherited?
- Do I use it regularly or love it?
 - Yes → Keep it
 - No → Pass it on
- If it was inherited or a gift, Would the person want me to keep it out of guilt?
 - Probably not, Pass it on
- Do I want to honor the memory without keeping the object?
 - Yes → Record a memory, then release it and Pass it on
 - No → Pass it on

How to Record a Memory Video

If an item brings back special memories, but you don't have space for it, try recording a short video before letting it go.

Video Memory Checklist:

- Hold or show the item clearly in good lighting
- Say the person's name who gave it to you
- Tell the story: Why it mattered, what it reminds you of, your memories of it
- Say what you're doing now (example: "I'm donating this to someone or someplace that can use it.")
 - End with a phrase of release: "This served its purpose. I'm keeping the memory, not the object."
 - Save the video to your phone, cloud, youtube, or family folder

Gentle Reminders

- You are not obligated to keep things out of guilt
- Releasing something doesn't erase the love or memory
- You have the right and responsibility to live in a home that reflects who you are now
- Take a photo, record a story, or pass it on with love



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