



Keep the
Memories,
Not the Stuff.

Discussion Guide

Keepsakes and items that are attached to memories are often the hardest things to let go of. Everyone has a story and can relate to this kind of “memory clutter.” Sometimes, sharing your story can make it easier to release your stuff.

Which items do you struggle to release?

Do items belonging to a certain person, or certain time, have the most pull on you? Why do you think that is?

Do you keep the best or do you keep it all?

In what areas could you set limits on the amount of stuff you keep?

What items have you kept out of guilt?

What items have you kept out of indecision?

What surprised you from reading this book?

Is there anything in the book you disagree with?

What have you learned about yourself from this book?

What do you hope to leave behind as your legacy?