

# Sentimental Items Scoring Worksheet

## ITEM:

Any item that is kept because it invokes a specific emotion.

## EMOTIONAL SCORE:

On a Scale of 1-10

1 = Guilt/Negative Emotion

10 = Happiness/Positive Emotion

Guilt

Neutral

Happiness

1 2 3 4 5 6 7 8 9 10

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1 2 3 4 5 6 7 8 9 10

1 2 3 4 5 6 7 8 9 10

1 2 3 4 5 6 7 8 9 10

1 2 3 4 5 6 7 8 9 10

1 2 3 4 5 6 7 8 9 10

### Item Score: 1-4

These items are associated with negative events, obligations or guilt in your life. As difficult as it may be, they need to go. Keeping items around out of obligation to a memory, or because you think the person will be upset if you get rid of it, adds no positivity to your life. In fact, it adds stress every time you view the item, even if you don't realize it.

### Item Score: 5-8

These items are associated with 'nice' memories. Maybe a magnet souvenir of a national park or a statue of the Eiffel Tower. They were fun to visit, but don't necessarily deserve space in your home & everyday living space. These should be donated, or brought out in rotation to enjoy occasionally.

### Item Score:

9-10

Congratulations!

These are the items (and there should be few) that deserve a prominent place in your home to bring happiness & joy on a daily basis.

