



One day Son  
all this will be  
yours.

## 18 Important Questions to Ask Yourself Before You Declutter

1. Do I love it?
2. How often do I use it?
3. Would I buy it again?
4. Does it fit my current lifestyle?
5. Is it meaningful to me?
6. What is its sentimental value?
7. Can I live without it?
8. Do I have a place to put it?
9. Am I afraid I'll need it in the future?
10. How easy is it to keep tidy?
11. Would someone else get more use out of it?
12. Do I already have one of these?
13. Can I borrow this instead?
14. Is there something else I can use instead of this?
15. Does this work?
16. Does this add value to my life?
17. Did I remember I had this?
18. If you were moving, would you take it with you?

[www.theplainsimplelife.com](http://www.theplainsimplelife.com)

“So my friends, keep what you love and what nurtures you. Hold dear your memories along with a few treasures from those who loved you and whom you loved. Leave a few treasures for those you love to remember you by. But do so judiciously.

Beyond that, live well, love deeply, and hold on to a heartfelt --- not a houseful --- of memories. That will be plenty. I promise.”

AARP publication **Downsizing the Family Home: What to Save, What to Let Go** by Marni Jameson

## WHAT TO DO WITH YOUR STUFF - SELL, DONATE, RECYCLE - TRASH IT!!

**BOOKS** — Various agencies may be interested in receiving books, videos or magazines you have and may be contacted for information. Salvation Army - 435-628-4041, Local Libraries, Local Schools, Community Centers, Thrift Stores

**BUILDING MATERIALS and LARGE APPLIANCES** — Habitat Re-Store - 435-628-4041  
Habitat Re-Store is located in Hurricane and has pick-up service.

**CELL PHONES** — Best Buy - 435-627-8418 or Verizon Stores

**CLOTHING** — Deseret Thrift Store - 435-674-8232 (does not pick up items)  
Switchpoint Thrift Store - 435-638-9310 (engaged in helping the homeless)  
Hope Chest Thrift Store - 435-674-5325 (serves pregnancy resource center)  
Salvation Army - 435-628-4041  
PAWS Thrift Store - 435-278-0059 (dedicated to providing for cats and dogs)

**COMPUTERS & ELECTRONICS** — Best Buy and Staples - 435-628-7742

**DOCUMENTS and LEGAL PAPERS** — Sort through accumulated papers and decide which are to be kept and safely stored. For a fee, assure secure disposal of others by taking them to Staples, UPS, FedEx or Steamroller for SHREDDING. For large amounts, commercial shredding companies will come to your home.

**EYEGLASSES** — Local Ophthalmology practices and St George Lions Club - 435-673-3301

**FURNITURE** — Habitat Re-Store and Salvation Army (call to ask whether they will pick up)  
Also, investigate selling items on Facebook Marketplace or Craigslist.

**HOUSEHOLD GOODS** — Deseret, Hope Chest, Switchpoint, Salvation Army

**MEDICATIONS (OTC OR PRESCRIPTION)** — St George Police Dept - 435-627-4300 and Washington City Police Dept - 435-986-1515. Each has a disposal box just inside the entry lobby.

**MUSIC, MOVIES, VIDEO GAMES** — Thrift Stores, Libraries, Consignment Stores such as:  
Sell it Again Sally - 435-275-0006 Red Cliffs Consignment - 435-688-8860

**OLD TOWELS, LINENS and RAGS NOT SUITABLE FOR DONATION** — Humane Societies

**PLASTIC CONTAINERS** - Recycle if appropriate.

**SHOES** — Donate to Good Shepherd's annual shoe drive.

**SPECIALTY ITEMS & COLLECTIBLES** — eBay, Etsy, local antique or consignment shops

**TO SELL ITEMS** — Options include holding Garage or Estate Sales.

**TO DISPOSE OF LARGE OR BULK ITEMS** — Hire a junk removal company, take to the landfill, or consult with Waste Management about possible specialized services.