

Photo Memories Decluttering Cheat Sheet

Questions to Ask About Each Photo

When we start asking questions about why we continue to keep so many photos, we can begin to detach the emotional strings they have on us. Then we can make good decisions about which photos to keep and which ones to let go of. As you go through your photos, ask the following questions about each one.

Quality of photos: Let go of the bad ones.

- Is it blurred and unidentifiable?
- Is it too dark or too light?
- Are the heads cut off in the shot?

Information about the photo:

- Do you know the story behind the photo?
- Do you know the people in the photo?
- Do you know where it was taken?
- Do you know the date it was taken? Year? Month or time of year?
- Is it a duplicate?
- Do you have multiple photos of similar shots? Do you need to keep all of them?

Emotional feelings about the photo:

- Does it bring up good memories?
- Does it bring up bad memories?
- Does it bring up any memories?

Photos to give away:

- Would the photo have more meaning to a friend or family member than it has for you? Especially inherited photos.
- Is it a duplicate you can send to a friend or family member?