

Goodbye, Things

by Fumio Sasaki

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

MON TUE WED THU FRI SAT SUN

- ⁰¹ **Do the five-minute trash sweep**

Set a timer for five minutes and move through your space with one purpose: collect everything that is obviously trash, broken, or expired. Don't evaluate anything else. Just remove the obvious. This is how momentum starts.

MON TUE WED THU FRI SAT SUN

- ⁰² **Find and release one duplicate**

Pick one category - towels, headphones, notebooks, chargers, coffee mugs. Count how many you have. Keep the best one or two. Release the rest. The goal isn't fewer things. The goal is only things that earn their place.

MON TUE WED THU FRI SAT SUN

- ⁰³ **Apply the 'would I buy this today?' test**

Pick up one object you're unsure about. Ask: if I were shopping today and saw this for \$5, would I buy it? If the answer is no, the object has already been rejected - you're just delaying the acknowledgment.

MON TUE WED THU FRI SAT SUN

- ⁰⁴ **Photograph sentimental items before releasing them**

The memory lives in you, not the object. Photograph cards, gifts, childhood items, and keepsakes before donating or discarding them. The photo preserves the meaning. The object's job is done.

MON TUE WED THU FRI SAT SUN

- ⁰⁵ **Gift one item to someone who will actually use it**

Find one thing in your possession that someone you know would genuinely use and enjoy. Give it to them this week. This reframes releasing as generosity, not loss - and makes the next release easier.

MON TUE WED THU FRI SAT SUN

- ⁰⁶ **Define your 'enough number' for one category**

Choose one category of possession - shoes, books, kitchen gadgets, coats. Write down the number you actually need: not the minimum you could survive on, but the number that fully serves you. Then count what you have. The gap is your work.