

## VLATKA BATHGATE



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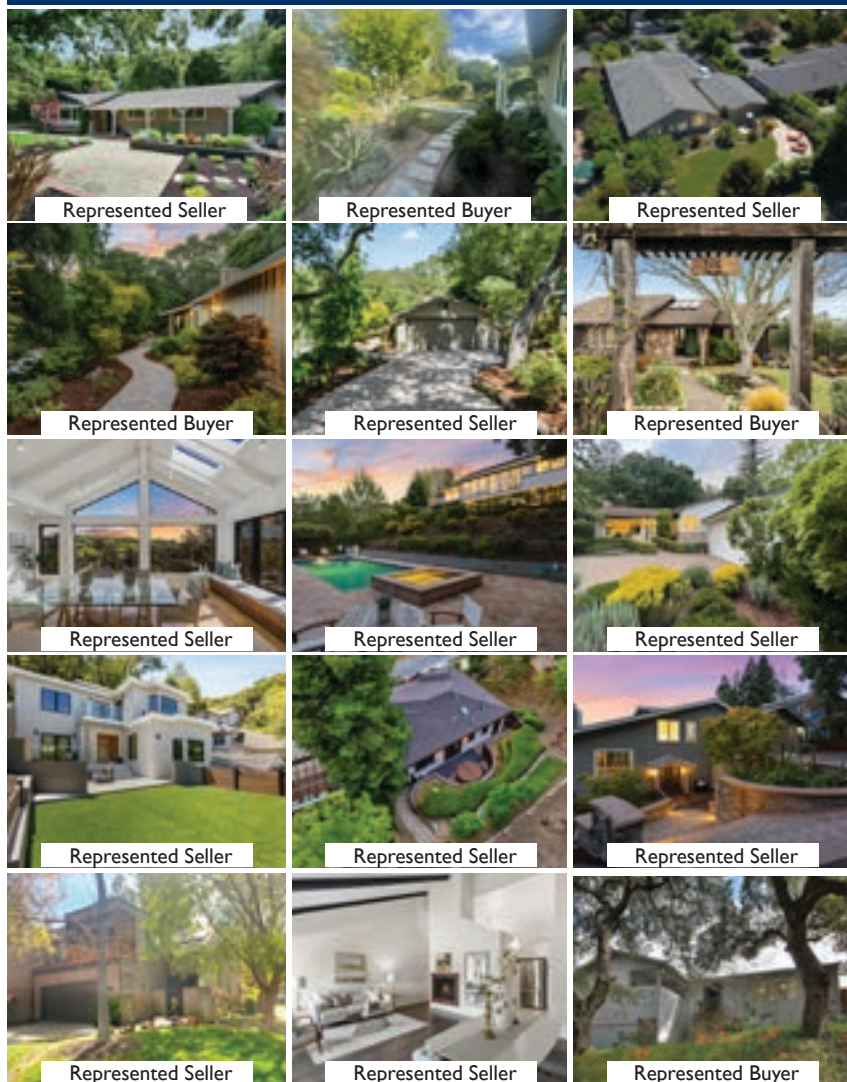


# HAPPY NEW YEAR



## THANK YOU TO MY 2023 CLIENTS

### RECENT SALES IN 2023



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# The sentimental person's guide for letting go of belongings

By Jennifer Raftis, CPO



Photo Shutterstock

When it's time to start reducing your belongings for whatever reason – downsizing, decluttering or there's a move in your future – it's often very difficult for the sentimental person to let go of their possessions.

Sentimental people see the memory value in their belongings and have a hard time letting go of them, which can create trouble when their possessions start to take over their space. This often leads to large amounts of clutter everywhere and can cause overwhelming feelings and even depression.

The sentimental person often keeps items because they represent or remind them of someone that they have lost or of fond memories from the past. They keep items from their kid's childhood, things that reflect their accomplishments, things that remind them of who they used to be and the things they used to do. This is why it can be so hard to let go of these items. Rather than letting go of all of these things, the goal is to keep a small amount of the most precious items. Items stuffed in a box in a garage cannot be easily enjoyed. Culling a special few items out of hundreds or thousands of items that have been stored can reduce the volume of

belongings and do a better job of honoring the memories of the people and events in your life.

"I inherited my family's belongings and I can't seem to let them go" is something I hear from many of my clients. The items that you have inherited from your family may not fit into your life, but you're afraid it will upset other family members if you decide to get rid of them. They might take up space in your garage and they might even have been there for years and years. Because you feel so guilty getting rid of anything, you decide not to decide because decisions are just too hard. One of the reasons the decisions are so hard is that we are afraid if we give up the item, we will lose the memory. One of the most effective ways to keep the memory for you and for your family going forward is to create memory books with photos of the items. This is a great way to honor the legacy of the person it belonged to. The photo memory books are also a super way for you to start your own legacy memories for your family – these books can include photographs of your accomplishments and experiences.

... continued on Page OH4