



## ServeNoMaster 122: Stop Letting Your Stuff Own You

### Highlights:

- [1:24] Simple way to measure who is controlling your life is when you make a decision limited by it i.e. I can't do something because of [stuff]
- [4:34] Real value - selling for its actual worth.  
Sentimental value - selling for a premium because of feelings associated with the stuff
- [5:53] Hoarding is keeping stuff that is either important to them or because they may need it someday.
- [10:32] Fear of loss is why we stay with things even if they are not beneficial
- [14:25] Most of us buy something and don't part with it is because we don't want to admit we made a poor decision about the purchase.
- [17:43] Sometimes we hold on to something for someone else or hope that someday someone will need it.
- [21:49] Is your stuff controlling your decisions? Think about it.

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