

Worksheet 2: Spotting the Real Treasures

Goal: Help your parents identify what items truly matter, whether sentimental, valuable, or practical, and make confident keep or donate decisions.

Pause and Reflect Together:

Before diving into boxes and drawers, pause for a conversation. Real treasures often aren't the things we expect. They're the items that hold stories, carry family traditions, or remind us who we are.

This page is about discovering those treasures *together*, before the sorting starts.

Take time to talk, listen, and write down what your parent sees as meaningful. This shared conversation can turn a difficult task into a memory-making moment.

Use this page to shift your mindset from “**What’s worth money?**” to “**What’s worth keeping?**”

Guided Reflection (Do This Together):

Use these prompts to start the conversation. Record your parent's thoughts and the stories that come up.

When you look around your home, which items feel the most special or meaningful to you? Why?

Worksheet 2: Spotting the Real Treasures

Which items tell a story about our family that you hope we'll remember?

Are there things you'd love to see passed down to someone specific?

- Remember, this isn't about making final decisions, it's about capturing meaning before choices are made.

Mini-Checklist: Signs of a True Treasure

- It tells a story worth sharing
- It connects generations or memories
- It brings joy or comfort
- It reflects your family's faith, values, or history
- Your parent hopes it will be remembered

Pro Tip:

Don't let guilt or obligation decide what stays. Keep what tells a story, not just what takes up space. You're not saving *everything*, you're saving the *essence*.

Worksheet 2: Spotting the Real Treasures

Story Tracker

Use this page to capture the treasures you and your parent discovered while talking. Write down what makes each one special, who it connects to, and what your parent hopes will happen next. You don't need to make any final decisions here, just gather the stories.

Item

Story/Memory

What Happens Next

Worksheet 2: Spotting the Real Treasures

Pro Tip:

If your parent struggles to choose, focus on the stories first. Often, once the meaning is captured, the decision becomes clear.

Item

Story/Memory

What Happens Next

Worksheet 2: Spotting the Real Treasures

Honoring the Treasures

You've taken time to uncover the stories that make certain items truly meaningful. Now it's time to consider how to honor those treasures, whether by keeping, sharing, gifting, or preserving them in a new way. Remember, this isn't about keeping everything. It's about making choices that reflect love, meaning, and legacy.

Use these spaces to reflect together and decide how to honor what you've discovered.

1. Which items feel most important to keep in the family?

(These may become legacy items or heirlooms.)

2. Are there treasures your parent would love to gift now, while they can share the story behind them?

Worksheet 2: Spotting the Real Treasures

3. Which items could be photographed, recorded, or turned into a memory book? (Sometimes a picture or story keeps the memory without the clutter.)

4. Are there items your parent is comfortable giving to others who will use and enjoy them?

5. Set Aside the ‘Maybe’ Pile

Sometimes it's hard to decide what to keep, give away, or sell. Create a small “Maybe” pile for items that need more thought. Revisit it after a week or two, this helps prevent decision fatigue and keeps the process moving without pressure.

Pro Tip:

You don't have to do it all at once. Start with one story-filled item, one conversation, one small step.