

Choice Tools Activity & Reflection

Choice Tools

Determine which choice tool will work best for you. Practice each tool for a reasonable amount of time. One tool may lose its punch, and that's OK. Try another tool. Take bits and pieces of each tool or find another that shifts the process back into high gear. "Eeny, meeny, miney, mo" is a choice tool. Find one that works and moves stuff out the door.

The ability to choose is a skill that is learned with practice. Below is an activity to help you experience choice-making which may lead to mistakes, and "do-overs." You're building resilience with every choice. Pull your shoulders back, puff your chest, and say with confidence, "I can do this!" Soon you'll make choices more mindfully and instinctively *before* a purchase is ever made.

Choice Tools Activity

WHAT: Practice using the three choice tools.

WHY: To determine which choice tool is most effective at eliminating excess for you.

HOW: Find and declutter three areas using each choice tool. Examples where clutter might live include the bedroom closet, pantry, a box in the basement, bathroom closet, T-shirt drawer, a desk, any surface, or the trunk of your car.

TOOLS: Donation bag or box.

TASK: Create one encounter with each of the three choice tools.

- Encounter 1: Love It or Lose It
 - 1. bedroom closet
- Encounter 2: No Space = No Place (mindful of tipping point)
 - 1. bathroom closet
- Encounter 3: Need vs. Want
 - 1. junk drawer

TIME: Fifteen minutes per encounter.

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Reflection Activity

WHAT: What tool worked best? Why? In the space below, answer the reflection questions.
