

## Day One VS Now Activity & Reflection

### *Transformation*

You're learning new skills, like how to choose, eliminate, move, and organize stuff, and trained yourself to be a project manager and home designer, able to marinate on questions, engage with activities, craft project plans, establish priorities, and do the hard work that once looked as daunting as traversing the Grand Canyon.

The preparation, sweat, time, and the doing of decluttering can press heavy on the mind, body, and soul. But you have faced resistance and doubt, and recognized no one will get you to the top of the canyon—or the home you love—but you.

All of this mental and emotional work is fueled by immeasurable bravery. Eventually, internal transformation replaces old fears. Wires in the brain untie old beliefs and solder new pathways of doing things. Unlocked resilience, forgiveness, and tenderness allow for change to occur more easily. You embody all of these beautiful byproducts of traversing through the landscape of messes.

Who cares if you approach this journey with the enthusiasm of a kid on a slip-n-slide or reluctantly sticking a toe in the rushing creek? Both are worthy of a bravery badge. I am certain you bumped up against so many challenges, persevered through tough stuff, and discovered a pace that felt right for you. *You* did all of this training. You ran the marathon. *You* are awe inspiring!

# Day One VS Now Activity & Reflection

## *Day One vs. Now*

**WHAT:** Conduct a personal assessment. Who were you on day one and how do you compare to the person you are today as a result of the decluttering work you did?

**WHY:** To articulate changes. To acknowledge and celebrate your growth.

**HOW:** Review the first chapter of the book. Review this last chapter.

**TOOLS:** Writing utensil and paper, or computer or tablet.

**TASK:** Write a short paragraph that outlines how you have changed during this journey.

**TIME:** Fifteen minutes.

## *Reflection Activity*

**WHAT:** How will you celebrate and share what you have learned? In the space below, answer the reflection question.

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