

Hope & Help Tool, Activity & Reflection

Cultivate a problem-solving mindset. The hope is that this activity will help you cultivate a problem-solving mindset, make you feel lighter and believe things can really change. Believing is a message of hope sent out into the universe, and the universe is *on it!*

Home design websites are helpful. If you have a problem, just search “solution for [problem].” See example below. People are so clever and eager to share their solutions to so many crazy problem areas in any home. Don’t reinvent the wheel. Choose a couple ideas that would be helpful.

Example:

“I hope to have a clutter-free countertop so I can have space to prepare meals.”

Help looks like:

- Removing items from uppermost shelves. Decluttering. Donating or storing excess elsewhere. Then moving everything up to clear off the countertop.
- Eliminating unused and unnecessary items from countertop.
- Donating damaged items and duplicates.
- Designating a “Clutter-Free Zone.”
- Other _____

Hope & Help Activity

You begin. Start somewhere. Front door? Back door? Closet, cabinet, cupboard? It matters not. Describe your *hope* and idea(s) that would *help* make this space feel right.

<i>HOPE & HELP TOOL</i>		
Room/Area	Hope	Help

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Reflection Activity

WHAT: Where did you find the most help for your hope areas? In the space below, answer the reflection question.
