

Measure Your Progress Activity & Reflection

Now that we are nearing the end of this journey, what is different within you and your space from page one to now? How has your perspective on excess changed? How has your space been altered?

Remember what you hoped would happen as a result of this working journal. Return to the introduction to reflect on what you set out to achieve reading this book. The reflection activity below can help flush out your thoughts.

Measure Your Progress

WHAT: What cluttered space, behavior, or feeling in your space(s) did you change as a result of this working journal?

WHY: To measure your progress against your intentions from the introduction.

HOW: Measure your satisfaction with all decluttering goals you intended.

TOOLS: One sheet of paper and a writing utensil, computer or tablet.

TASK: Rate your satisfaction, from one to ten, with one being extremely dissatisfied and ten being extremely satisfied with reaching the clutter management goal you made at the beginning of the book.

TIME: Thirty minutes.

Reflection Activity

WHAT: What is one thing you would do differently? In the space below, answer the reflection question.
