

New Ways to Celebrate Post Decluttering Exercise & Reflection

Prognosticate on how post-decluttering celebrations will look. Most likely, your ways of celebrating in the past will look different today. Less stuff, I hope. If it's not about the stuff anymore, then what? Certain parts of those events held the meaning. My guess is it isn't the gifts. What is the essence of being together you love the most? What are you most grateful for?

New Ways to Celebrate Warm-Up Exercise

WHAT: Besides gifts, take inventory of what you love about celebrations.

WHY: To divert focus from "things" to the people you love and care about.

HOW: Analyze one or two typical group celebrations.

TOOLS: Writing utensil and paper or computer or tablet.

TASK: List one or two loved group celebrations. List all events, feelings, and emotions that give each celebration meaning for you.

TIME: Thirty minutes

Reflection Activity

WHAT: How will you reduce the emphasis of stuff at your next celebration? Answer the reflection question in the space below.
