

Practice Decluttering Warm-Up Exercise

This warm-up exercise is a glimpse into how you make decisions on a small scale. You will declutter one type of item in one small area.

The purpose of this exercise is to get a baseline read on your decision-making style (or lack thereof) and mine it for your values. What makes you keep things? What makes you get rid of things? You can't make a mistake. Like I say to my daughter, "You are learning." Let's do this.

Warm-Up Exercise

WHAT: Practice decluttering. This is a baseline values-based decision-making activity.

WHY: Track the maturation and growth of your decision-making aptitude over time.

HOW: Go to a cupboard, closet, or drawer with too many of the same things: coffee cups, kitchen utensils, T-shirts, socks, writing utensils, or other small single-category items. Remove excess items for donation. Analyze donated and kept items.

TOOLS: Paper. Writing utensil. A bin, box, or sturdy bag. Paper to wrap fragile or sharp things. You may also need a sturdy stool to safely see all items if they are up high.

TASK:

- Pull out all like items
- Remove items you don't value, love, or need
- List reasons items were kept and removed
- Refer to the values listed later in this chapter, and list values in play during this activity
- Carefully place excess in "donate" bin, box, or sturdy bag
- Donate excess

TIME: Ten minutes sorting under timer. Fifteen minutes removal and packaging. One hour donation drop off. Total: one hour, twenty-five minutes.

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Reflection Activity

WHAT: Which items had a connection to a value? List these values on your paper. In the space below, answer the reflection question.

Decisions mired in too much thinking, feeling, or panic tend to kill progress. Values-based decisions are made with a knowing expedience. Discernment is values in action to shore up your decision-making skills so your whole mind, body, and soul can stand confidently in front of excess and make decisions.

Doing these small-scale decluttering exercises has another side benefit. Every physical and emotional interaction with excess requiring you to make choices is an opportunity to widen and deepen your capacity to be in uncomfortable situations, growing grit by staying in the decluttering game longer. Expanding your ability to do hard things, one decision at a time.

