

# Practice Percentage Purging Activity & Reflection

There are many ways to use discipline to eliminate excess. Percentage purging is a good entry point. Don't cheat. If you are going to experiment with 25% removal, do it. Live with this percentage for a while.

## *Practice Percentage Purging*

**WHAT:** Create opportunities to practice purging a percentage of stuff.

**WHY:** Boosts analytical skills.

**HOW:** Create three purging projects. Examples below.

- Your handbag or wallet
- A shelf in the pantry, bathroom, bedroom, or garage
- A drawer, dresser, or any closet

**TASK:** In each project remove 5 percent. Replace. Then 25 percent. Re- place. Then 50 percent of excess in each project. Get rid of a percentage of your choosing.

**TOOLS:** One bin to disperse excess or process through giving plan.

**TIME:** Fifteen minutes per project. Forty-five minutes for three projects.

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## *Reflection Activity*

**WHAT:** What percentage were you most uncomfortable purging? In the space below, answer the reflection question.

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