Homework Completion Form for Session 4

Name: _____ Date: _____

Homework to complete for Session 4:

- ☐ Read chapter 5 (Meet the Good Guys: Strategies for Beating Hoarding) in *Buried in Treasures* and complete exercises.

1. How much time did you spend on the following tasks this week?

   Sorting/organizing/discarding _____
   Active planning, visualizing, and strategizing _____
   Maintenance of progress _____

2. How much time did you spend on the assigned homework? _____

3. What was your decluttering goal?
   Did you complete the goal? (please circle one) … Totally Partially Not At All

4. How did you feel about your decluttering work this week? Would you like to describe any special successes or challenges? Was there a unique item that you didn't acquire?

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