

Homework Completion Form for Session 2

Name: _____

Date: _____

Homework to complete for Session 2:

- Read chapters 1, 2, and 3 in *Buried in Treasures* and complete exercises.
- Complete the self-assessments in *BIT* in chapter 3.
- Schedule and complete group pre-assessments with Alison by phone.
- Bring an item or a photo of an item to Session 2 that represents the types of things you collect, for “show and tell.” You will *not* be asked to discard the item.

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?
