

Homework Completion Form for Session 7

Name: _____

Date: _____

Homework for Session 7:

- ☐ Read chapter 8 (Reducing Acquiring) 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?

[illegible]