

## 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 Ben 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?

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