

Homework Completion Form for Session 3

Name: _____

Date: _____

Homework to complete for Session 3:

- Read chapter 4 in *Buried in Treasures* and complete exercises.
- Schedule and complete group pre-assessments with Alison by phone.

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?
