



WEEKLY QUESTIONS - GRATITUDE

Week 4: Section 4

The questions below are intended to make you think about the material you are reading and how it applies to your own life, as well as where you can make changes. You can answer these questions on your blog, in a journal, or in our [Facebook group](#) – or all of the above! If you are behind, don't worry. All the information will be there for you to come back to at your own pace. No stress. No judgment. No guilt!

One note: Whether you have a spouse, partner, or kids, the same principles that JK suggests are applicable. Apply them to the people in your life!

QUESTIONS:

1. Part 4 continues through you house with the STREAMLINE process, heading into our storage spaces. Are you guilty of “storage hoarding,” where you are relatively minimalist in your living area, but keep EVERYTHING in the garage, attic, or other storage area?
2. FJ says, “We often feel guilty for giving up on activities, particularly after we've paid for supplies or training.” If this has happened to you, can you give yourself the gift of permission to grow, or to change your mind?
3. “Life is more exhilarating when you live with less.” Agree? Disagree?

4. Make a list (or brainstorm) items you use only infrequently. Can you rent, borrow, co-own some of these?

5. FJ says in Ch. 28, "Keep only what you truly love, and set free what you don't." I love the idea of "setting items free." What have you been holding hostage?

6. "Our obligation is not necessarily to keep the items we inherit, but to find the best use for them." This statement really changed my view of how I feel about items I've inherited. Are there things you've been holding onto just because someone you loved gave it to you?

7. "The events and experiences of our lives are not embodied in... objects." While I agree with this statement, I DO NOT agree that "memories last forever." That's why we need to scrapbook or otherwise honor those memories! Just making an editorial comment. :)

8. I found a lot of freedom in the idea that I do NOT have to keep all my old scrapbooking or other crafting projects. Can you cull some and "keep only your favorites?"

9. Ch. 29 – about the family – was particularly interesting as I often feel I can create a minimalist home, if only it weren't for my kids and husband! LOL. Who's the sticking point in YOUR family?

10. Practical assignment: Find a place for your family's "outbox." Knowing where people can put the outgoing items can be a huge way to encourage disposal of unwanted items.

11. As we move towards the close of the book, revisit your reason for pursuing a minimalist lifestyle. What moves you most? Quality of items you purchase, purchasing only from respected sources, the environmental impacts, the thriftiness?

12. What are your biggest takeaways or “Aha!” realizations from this section?

“As minsumers, we... strive to be butterflies – living as lightly, gracefully, and beautifully as possible.” (Jay)