



WEEKLY QUESTIONS - GRATITUDE

Week 2: Section 2

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. FJ talks about getting a “rush” when you go through and declutter an area. Have you ever had that feeling? Or do you feel something different?

2. I love the idea of thinking of yourself of the “curator” of your home. If you were in charge of curating your home's contents, what would that mean? How would you approach decisions about what comes in and goes out? Is that different from now?

3. Ch. 12 is T – Trash, Treasure, or Transfer. Pick one room or sub-area of a room to start. Name it here:

4. Jay got me when she said that the Undecided box should NOT be an excuse to avoid hard decisions. I'm guilty of that – and my email in-box is an example! I've heard that clutter is procrastination. I'm feeling that now. How about you?

5. Why do you tend to hold on to stuff? Habit? Fear? Don't want to hurt someone's feelings? Emotions? Something else?

6. Ch. 13 – Reason for each item. What are the areas of your home where you are most guilty of storing duplicates? Crafting? Kitchen? Clothing? Other? What is your thought process that leads to this result?

7. Ch. 14 – Everything in its place. With the area or room you named above, go through the Inner Circle, Outer Circle, Deep Storage exercise.

8. After going through Ch. 14, pause and check in. How do you feel? I sometimes feel a rush after discarding items, but I also feel a bit sad... sad for wasting money on things I didn't need, guilt for not “using” them, etc. I'm letting myself feel those feelings!

9. Ch. 15 – “surfaces are for action, not storage.” I may have to tattoo that on my forehead! LOL! Where are the “hot spots” in your home where papers and clutter tend to congregate? You should see my kitchen table right now! :-0

10. Ch. 16 – Modules. I love this idea of gathering like things together! Then I only have to look in ONE spot to find rubberbands, not 27.

11. Ch. 17 – Limits...Setting limits can be really hard with digital items like Kindle books and digi scrap materials. Are there ways we can limit ourselves? What are your ideas?

12. Ch. 18 – I'm a big believer in the one in, one out method. Pick ONE thing to apply it to this week... books, supplies, cans of black beans, whatever. Just try!

13. Ch. 19 – Narrow down. Do you agree that the “ideal” is to “reduce our possessions to the bare necessities?” I'm not sure I'm with FJ on this one. I know she says that “necessities” are defined differently for each of us, but still... there's a security and luxury in having a bit MORE than enough. I'm not quite ready to relinquish that!

14. Ch. 20 – Everyday maintenance. I love the idea that this is all a PROCESS, not a one-and-done. Give yourself permission to be on a journey!

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

“Decluttering is infinitely easier when you think of it as deciding what to keep, rather than deciding what to throw away.” (Jay)