



WEEKLY QUESTIONS - GRATITUDE

Week 3: Section 3

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 3 goes room-by-room through the house with tips for decluttering and “minimizing” (my word). What room is most intimidating to you?
2. I love the idea of seeing your home through “new” eyes. A good friend of mine once told me, “You don't see your own dirt.” If you aren't able to put yourself outside your current habitual views of your home, can you invite a friend to walk through with you?
3. What do you think about “starting big” rather than starting with small elements? Name one “big” item in each room that you *could* remove.

4. FJ has a very different approach from many other organizers – to take your time rather than doing your decluttering all in one fell swoop. What are the positive/negatives of doing it all at once rather than taking your time?

5. Limiting your possessions is such a great way to control what you bring in. What can you put limits on in different areas of your home? DVDs, books, makeup, craft supplies, etc.?

6. “Flex space” is space that's kept clear so you can use it for different purposes. What areas of your home could be considered “flex space?”

7. Ch. 22: Let's talk about your bedroom! How does your bedroom stack up against the goal of having it be the “most uncluttered room in your house?”

8. What does your ideal bedroom look like? Describe it.

9. What tends to collect in your bedroom?

10. Do you make your bed every day? If not, commit to making it daily for the next week.

11. Ch. 23 is all about your wardrobe. Have you ever thought about a “capsule” wardrobe?

12. Let's talk about shopping... do you shop for fun? What do you get from that? What other pursuits could you substitute for shopping?

13. In your other rooms, keep in mind that you're aiming to decide what to KEEP, not what to get rid of. This approach helps me a lot!

14. Also concentrate on items that do double duty, especially in your kitchen and bathrooms. Avoid single-use items (egg cups, specialty makeup you use just once a year, etc.)

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

"It's up to you to determine your own 'enough.'" (Jay)