

## Worksheet for Planning a Clutter-Clearing Session

Date: \_\_\_\_\_ Project: \_\_\_\_\_

My plan is to begin at \_\_\_\_\_ and end at \_\_\_\_\_

I will prepare and inspire myself by \_\_\_\_\_

And by \_\_\_\_\_

I am dedicating my clutter clearing today to \_\_\_\_\_

The feelings I have about approaching this area include \_\_\_\_\_

And also \_\_\_\_\_

I forgive myself for \_\_\_\_\_

While working on this I can be a kind, supportive friend to myself by \_\_\_\_\_

I can keep myself focused by \_\_\_\_\_

If I feel stuck I will \_\_\_\_\_

If I don't finish in the allotted time I will \_\_\_\_\_

After the session I will celebrate or reward myself by \_\_\_\_\_

Notes about how the session went, anything I learned, and where I left off: