

Connect With What We Love & Reflection Activities

This activity will ask you to focus on things you love for one full day. Surrounding yourself with love will intensify the connection to what you love *and* what it feels like to walk in that love all day. This love activity will aid in decision-making during the decluttering process.

Connect with What We Love

WHAT: Be completely immersed in all things you love for one day.

WHY: Identifying loved items will expedite decision-making during decluttering.

HOW: Be “in love” all day.

TOOLS: Time and freedom to access and enjoy loved things.

TASK: For twenty-four hours, wake at a loved time, wear only loved garments (or none), eat loved food, listen to loved music, make loved movement (or none), commune with loved people, retire in the evening at a loved time and place.

TIME: Twenty-four hours.

Reflection Activity

WHAT: Describe what true love is to you. In the space below, answer the reflection question.
