

Seeing is Believing Activity & Reflection

This activity is a mini-decluttering allow you to prepare for a fictitious guest. Practice creating a two-person sitting area.

Seeing Is Believing

WHAT: Imagine someone you deeply love and admire (living or passed) will arrive in fifteen minutes. This is the last time you will ever see this person. Create a sitting area for two people, reflective of you, where both of you can sit and enjoy each other. This moment is happening very soon. Don't be attached to perfection. Everyone who enters the room has only visibility to this one sitting area. All else is blurred out.

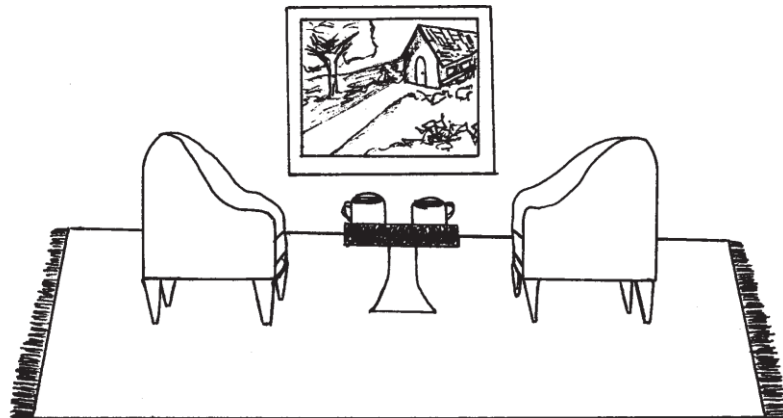
WHY: Practicing mini vignettes like this helps develop a playful confidence, because seeing provokes believing a functional living space is possible.

HOW: Clear a small area of extraneous clutter and create a relaxing sitting area for two people.

TOOLS: Two chairs.

TASK: Create a clutter-free, three-by-three-foot area and a two-person sitting area.

TIME: Thirty minutes.



Reflection Activity

WHAT: Think about what it felt like to complete the activity. Explain your approach. Express feelings you experienced from clearing, setting up, and sitting in the space. In the space below, answer the reflection questions.
