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BE SURROUNDED BY YOUR VISION.

MINIMALISM & PHYSICAL SPACE



Past, Present, and Future Selves Revealed Through Physical Surroundings

PAST	PRESENT	FUTURE
<p>Who Were You?</p>	<p>Who Are You?</p>	<p>Who Do You Want to Be?</p>
<p>Describe your past self using the things you find around your living space representing you at another stage. Use photos, memorabilia, decorations, clothing, etc. to describe your past self. Take some time to scan each room, glance at the bookshelf, rifle through drawers and even take a look in your closet to define your past self.</p>	<p>After taking a close look around your house at the items that you actually use, make note of who you are today. What interests and hobbies do you currently pursue? Be honest! How do you spend your time? Do you read? What do you read? Are you sedentary or do you move a lot? What can be found in your refrigerator and cupboards? Are you tidy? Are you structured or more relaxed?</p>	<p>Using information about who you were, and who you are, write down who you want to be moving forward. It might be an awakened version of a past self. It might be the opposite of your present self. It might involve facets that have yet to be explored. What physical objects would show up in your house as a result of surrounding yourself by your future vision? Do you want to be a snowboarder, guitarist, or yoga master? Do you want to be more goal-oriented? What version of yourself do you want to reveal?</p>

Reflecting Questions:

How have you changed over time?

Are there parts of yourself you wish to re-discover?

What are the gaps between your present self and your ideal future self?

What changes must be made to your physical surroundings to guide you towards your vision? (What might be eliminated? What might be added?)

Determine your values through a 'Keep Vs. Discard' Activity:

*This activity is for individuals, couples, or families.

ACTIVITY ONE: What do you WANT TO KEEP?


Go around the house and physically collect, photograph, or put post-its on the 15 things (clothes, shoes, books, art, furniture, etc.) that bring you the most joy. Whether it is a kitchen tool, painting, toy, or something else, mark it. Then take a look at the items and start thinking about how your values shine through. What is your life purpose? What brings you joy? If more than one person is partaking in this activity, each person identifies their own 15 items. They CAN overlap with other people's items.



Determine your values through a 'Keep Vs. Discard' Activity:

ACTIVITY TWO: What do you WANT TO DISCARD?

Grab a box and fill it with (up to) 15 things in your living space you want to get rid of. At the end, look at which items you selected. Why? What do those items represent?



Determine your values through a 'Keep Vs. Discard' Activity:

ACTIVITY THREE: Searching for Trends to Determine Purpose.

In looking at the things you want to keep and the things you want to discard, what trends (if any) are you seeing? Are your interests, hobbies, and/or passions revealing themselves?



This activity helps people get clear about which physical items push them forward and which things hold them back. This is like a warm up to a huge decluttering overhaul. It allows participants to do some reflecting about how their values and life purpose shine through in the material world. On the flip side, it brings to attention the items that are just taking up space and can be eliminated in the decluttering process.

ACHIEVE OUTER BALANCE

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