

DECLUTTERING GRATITUDE AND REFLECTION



Download and print out this gratitude sheet to highlight the positives of saying goodbye to sentimental items.



Today I got rid of: _____, but I am grateful for _____

Things I am grateful for:

1. _____
2. _____
3. _____
4. _____
5. _____

Today I am decluttering:

- _____
- _____
- _____
- _____
- _____

Today I am looking forward to:

1. _____
2. _____
3. _____
4. _____
5. _____

My reward for decluttering this week is: _____