

Weekly Input Solution & Solution Review Example

Environment: <u>Home</u>				
Week Starting: (day-month-year)	May 17, 2026	May 31, 2026		
Input Upgrade	Answered 3 to Clutter multiple times	Clutter - con'd		
Goal	To declutter my personal spaces	To declutter my personal spaces		
Steps I Can Take	Start with bedroom. Go through clothes, shoes, knick knacks, things I don't or haven't used in a long time, things that don't bring a smile to my face. Make piles: sell, upcycle, give away, recycle, garbage. Also remove as many items made of plastic or containing parfum, from bedroom area.	Finish decluttering my bedroom. I'm noticing I'm feeling very emotional when doing this. It's linked to my childhood and a challenge I experienced. I will do an i3 Upgrade Method session for this on Sunday.		
Week Starting: (day-month-year)	May 24, 2026			
Did I Take The Steps?	It took a lot longer than I thought. Finished ½ of the bedroom. Still need to finish it.			
Reward	I will get a pair of cotton pants and a cotton shirt for myself.			