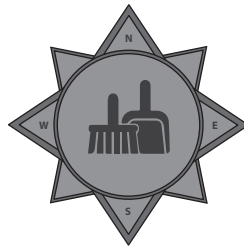


# PURGING

Purging. “What on earth is that?” I hear you say. Well, that is the time when we say to ourselves, “Enough is enough. I have too much junk. I need to purge some of this stuff.” You see, we are all the same: we collect things. Almost every day we might bring home another little something. Things get broken and we put them to the back of the drawer, telling ourselves we’ll fix it later. Well, it all ends today, as we have one good ol’ fashioned purging.

## FLIP OVER FOR YOUR NEXT CHALLENGE



### EARN THIS NUGGET

Make a purge of your room, and get rid of that junk that is cluttering up your beautiful space.

LEVEL F

PERIOD 8

TASK 4

1. Empty out every drawer and cupboard that you have and look at everything that is front of you. Now, I know some of those items have very real sentimental value, and that’s fine. Those things stay. What we are going to deal with is everything else.
2. So any precious items, let’s get them put away properly, first of all. Find a place for them, a real place.
3. Now, look at what is left. Is there is anything that is broken or missing pieces? Throw it straight in the trash. It has no value and it’s cluttering up your space.
4. Is there something that you have not used in a year? Place it in a pile on the floor. This will be your “Contemplation Pile.”
5. Next, go through clothes. Anything that has holes in it or is in some other way ruined, get that in the trash. Anything too small, or that you simply won’t ever wear again, get that into a donate pile, if it is still usable by someone.
6. Continue through every area of your room. Under the bed and behind the dresser until you have pulled everything out and assessed it.
7. You should have a sizable amount of stuff in the Contemplation Pile. Go through that. Things either go to donate, go to the trash, or if you are absolutely sure you will use it in the next year, then I suppose you can put it back in with the rest of your stuff. But you need to find a good place for it. Sound like a plan for uncomplicating your life? You bet it does. And your parents are going to love it.

