EXERCISE: Set Up Your Doom Box System

Design intentional containers for clutter - without guilt

DOOM BOX 1	DOOM BOX 2	DOOM BOX 3
Location: _____	Location: _____	Location: _____
What it holds: _____	What it holds: _____	What it holds: _____
_____	_____	_____
_____	_____	_____
_____	_____	_____

MY DOOM BOX DATE

Day of week: _____ **Time:** _____ **Length:** _____

☐ 15 min ☐ 30min ☐ 45min

What will make this time more pleasant?

_____

_____

_____

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Reminder: Doom boxes are tools - not failures.