

INSTEAD OF ACQUIRING... PLAN

Check off the activities you will do instead of acquiring more things or as rewards for resisting temptation and keeping your commitments to yourself. Include the items you checked on this exercise in your vision of what your life will be like on *My Life Post-Hoarding* exercise. Identify at least one major activity or project that is important to you that will become possible with the money you are no longer spending on acquiring.

- | | |
|--|--|
| <input type="checkbox"/> visit a museum or gallery | <input type="checkbox"/> paint, sculpt, draw, do pottery, make jewelry |
| <input type="checkbox"/> go to a concert / listen to music | <input type="checkbox"/> play an instrument |
| <input type="checkbox"/> go dancing | <input type="checkbox"/> volunteer to help others |
| <input type="checkbox"/> repair things | <input type="checkbox"/> do crafts _____ |
| <input type="checkbox"/> spend time with a friend | <input type="checkbox"/> have a friend visit |
| <input type="checkbox"/> quality time with family | <input type="checkbox"/> pet your pet |
| <input type="checkbox"/> eat out | <input type="checkbox"/> cook a fancy meal |
| <input type="checkbox"/> take pictures | <input type="checkbox"/> organize a photo album |
| <input type="checkbox"/> attend a lecture | <input type="checkbox"/> give a lecture |
| <input type="checkbox"/> join a club, association, or other group | <input type="checkbox"/> start a group |
| <input type="checkbox"/> listen to a poetry reading | <input type="checkbox"/> write poetry |
| <input type="checkbox"/> go to a movie / watch TV | <input type="checkbox"/> make a video / film |
| <input type="checkbox"/> watch birds | <input type="checkbox"/> go on a wildlife hike or to the zoo |
| <input type="checkbox"/> read a book | <input type="checkbox"/> go to the library |
| <input type="checkbox"/> go for a walk: <input type="checkbox"/> on the beach <input type="checkbox"/> thru the Presidio or park <input type="checkbox"/> on the waterfront
<input type="checkbox"/> around the neighborhood <input type="checkbox"/> in a new neighborhood | |
| <input type="checkbox"/> go biking <input type="checkbox"/> for a ride <input type="checkbox"/> take a train <input type="checkbox"/> go to the gym | |
| <input type="checkbox"/> write: <input type="checkbox"/> journal <input type="checkbox"/> poetry <input type="checkbox"/> novel <input type="checkbox"/> memoir <input type="checkbox"/> other _____ | |
| <input type="checkbox"/> take a class: _____ | |
| <input type="checkbox"/> play or watch a sport _____ | |
| <input type="checkbox"/> other _____ | |
| _____ | |
| _____ | |
| _____ | |