

## Hour One: Kitchen

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### Answers to Kitchen Quiz:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Thoughts on cooking up some passion... You know you want to.

### Motivational Moment

"I'm glad I did it, partly because it was worth it, but mostly because I shall never have to do it again."

– Mark Twain

Notes:

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# Kitchen Inventory

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Pots and Pans	Eating Utensils	Appliances	Tools
	_____ Knives		
	_____ Forks		
	_____ Spoons		
	_____ Cups		
	_____ Glasses		
	_____ Plates		
	_____ Bowls		

**Needs Replaced:**


# Hour Two: Dining Room

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10 potential new uses for this space:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Thoughts on why families don't dine together anymore...

Motivational Moment

"When you do nothing, you feel overwhelmed and powerless. But when you get involved, you feel the sense of hope and accomplishment that comes from knowing you are working to make things better."

Notes:

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# Hour Three: Living Room

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10 things I can do in here besides watch TV:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Thoughts on why I justify watching television...

Motivational Moment

This time like all times is a very good one if we but know what to do with it.  
– Ralph Waldo Emerson

Notes:

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# Hour Four: Living Room

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10 activities my family enjoys:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Thoughts on passionate living in my living room...

Motivational Moment

Three grand essentials to happiness in this life are something to do, something to love, and something to hope for. – Joseph Addison

Notes:

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# Hour Five: Bedroom One

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10 things my bedroom doesn't need in it:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Thoughts on keeping my bedroom a sanctuary...

Motivational Moment

"Little strokes fell great oaks."  
- Benjamin Franklin

Notes:

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# Hour Seven: Hall Closet

Thoughts on why I hide so much stuff in this tiny room...

- 10 things to repurpose, sell, or giveaway:
- 1.
  - 2.
  - 3.
  - 4.
  - 5.
  - 6.
  - 7.
  - 8.
  - 9.
  - 10.

Motivational Moment

Achievement seems to be connected with action. Successful men and women keep moving. They make mistakes, but they don't quit.  
- Conrad Hilton

Notes:

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## Hour Eight: Bathroom

Thoughts on why I think I need so much stuff to be gorgeous...

10 reasons why I am beautiful all the time:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Motivational Moment

Man is not the sum of what he has but the totality of what he does not yet have, of what he might have.

- Jean-Paul Sartre

Notes:

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# Hour Eight: Kitchen Round Two

Thoughts on how my cleared out kitchen has done up to this point...

- 10 things I cook like a chef:
- 1.
  - 2.
  - 3.
  - 4.
  - 5.
  - 6.
  - 7.
  - 8.
  - 9.
  - 10.

Motivational Moment

Obstacles are those frightful things you see when you take your eyes off your goal.

- Henry Ford

Notes:

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# Hour Nine: Living Room Round Two

Thoughts on my new living room.  
Am I living yet?

- 10 ways to make this room even better:
- 1.
  - 2.
  - 3.
  - 4.
  - 5.
  - 6.
  - 7.
  - 8.
  - 9.
  - 10.

Motivational Moment

Hell, there are no rules here  
- we're trying to accomplish something.  
- Thomas Alva Edison

Notes:

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# Hour Ten: Bedroom Two

Thoughts on how my family and I benefit from less stuff...

- 10 websites to visit for help and inspiration:
- 1.
  - 2.
  - 3.
  - 4.
  - 5.
  - 6.
  - 7.
  - 8.
  - 9.
  - 10.

Motivational Moment

All great achievements require time.  
- David J. Schwartz

Notes:

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# Hour Eleven: Bedroom Three

Thoughts on what it would be like to live in a tiny house...

- 10 new things to try at home to use new space:
- 1.
  - 2.
  - 3.
  - 4.
  - 5.
  - 6.
  - 7.
  - 8.
  - 9.
  - 10.

Motivational Moment  
Finish each day and be done with it. You have done what you could. Some blunders and absurdities no doubt crept in; forget them as soon as you can. Tomorrow is a new day; begin it well and serenely and with too high a spirit to be encumbered with your old nonsense. – Ralph Waldo Emerson

Notes:

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Hour Twelve: \_\_\_\_\_

Thoughts on \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

- 10 \_\_\_\_\_  
\_\_\_\_\_ :
- 1.
  - 2.
  - 3.
  - 4.
  - 5.
  - 6.
  - 7.
  - 8.
  - 9.
  - 10.

Motivational Moment

Having once decided to achieve a certain task, achieve it at all costs of tedium and distaste. The gain in self-confidence of having accomplished a tiresome labor is immense. - Thomas A. Bennett

Notes:

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Hour Thirteen: \_\_\_\_\_

Thoughts on \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

10 \_\_\_\_\_  
\_\_\_\_\_  
1.  
2.  
3.  
4.  
5.  
6.  
7.  
8.  
9.  
10.

Motivational Moment  
The best thing about the future is that it comes only one day at a time. - Abraham Lincoln

Notes:  
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Hour Fourteen: \_\_\_\_\_

Thoughts on \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

10 \_\_\_\_\_  
\_\_\_\_\_  
1.  
2.  
3.  
4.  
5.  
6.  
7.  
8.  
9.  
10.

Motivational Moment  
Winners take time to relish their work, knowing that scaling the mountain is what makes the view from the top so exhilarating.  
– Denis Waitley

Notes:  
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## Concluding Thoughts...

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Thoughts on my incredible accomplishment...

Thoughts on the 100 Thing Challenge...

### Motivational Moment

Happiness does not come from doing easy work but from the afterglow of satisfaction that comes after the achievement of a difficult task that demanded our best. – Theodore Rubin

10 ways to celebrate my wicked awesomeness:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.