

**LAGOM:
THE SWEDISH ART OF
BALANCED LIVING**
by Linnea Dunne

Interactive Worksheet

INTERACTIVE SHEET FOR NOTES

Reading alone won't help you understand the actionable notes. You need to engage with the content. Answer the question below (just type inside the boxes) to outline your future steps:

1. Schedule a day to declutter:
2. Forbid yourself from purchasing anything for 30 days (except food).
3. List things you haven't used in a long time:
4. Think of ways to recycle:
5. Try the 30-day cleaning challenge and take notes here:

Don't forget to save your changes.