

# DEBinar Course Map (Syllabus)

Your Start Day/Date: \_\_\_\_\_

Your End Day/Date in 21 Days: \_\_\_\_\_



## DEBinar Course Objectives:

By the end of the course, you should be able to

1. Purge your house of 200+ items.
2. List 3 items to sell online.
3. Find cost-effective cleaning strategies and tools to continue and kindle your Urge to Purge!
4. Make a donation or gift of working items.

## Overview

- Watch (or listen to audio of) Overview Lecture. (17 minutes)
- Take the 21 Day PLEDGE to PURGE!
- Subscribe (for free!) to the Upcycling with Deb podcast (Click [my how-to video](#) for help.)
- Buy the course book *Best Offer, Best Life!* (link here and in class folder), in print or digital.
- Print this syllabus (highly recommended, or at least keep an electronic version handy.)
- Review the Deb's Deeper Dive Purging List for cleaning inspiration.
- Remember to take lots of before and after pictures as you go along.

## NOTES

# DEBinar Course Map (Syllabus)

Week 1 Start Day/Date: \_\_\_\_\_



## Week 1: Nana Knows Best- The Art of Purging & Cleaning

- Lecture: Watch (or listen to audio of) Week 1 Lecture (23 minutes).
- Reading: Chapters 1 & 2 in Best Offer, Best Life!
- Homework:
  - Call a Donation service of your choice and schedule a pick up date for 3 weeks from now.
    - For VVA: call 888-518-VETS or **schedule** online <http://scheduleapickup.com/>  
(I have no affiliation to this group but have used them for years successfully.)
  - Intentionally remove 5 items from your space and sort (trash, donate, sell) each day.
    - Day 1: Remove 5 items from your space.
    - Day 2: Remove 5 items from your space.
    - Day 3: Remove 5 items from your space.
    - Day 4: Remove 5 items from your space.
    - Day 5: Remove 5 items from your space.
    - Day 6: Remove 5 items from your space.
    - Day 7: Remove 5 items from your space.

CONGRATULATIONS! You have removed 35 items from your space this week!

## NOTES

\_\_\_\_\_ Week 1 Total of Checkmarks (Overview + Week 1)

# DEBinar Course Map (Syllabus)

Week 2 Start Day/Date: \_\_\_\_\_



## Week 2: Sell It!

- Lecture: Watch (or listen to audio of) Week 2 Lecture
- Reading: Chapters 5, 6, 7, 8 of Best Offer, Best Life!
- Optional: Listen to the eBay podcast interview here or via the in-course link.
- Homework:
  - Target 1 item to sell: \_\_\_\_\_
    - Take pictures.
    - Write the ad.
    - Post online.
  - Every day this week, you AND A HOUSEHOLD BUDDY each intentionally remove 5 items from your space. *Live alone? Double your efforts!*
    - Day 1: Each person removes 5 items from your space.
    - Day 2: Each person removes 5 items from your space.
    - Day 3: Each person removes 5 items from your space.
    - Day 4: Each person removes 5 items from your space.
    - Day 5: Each person removes 5 items from your space.
    - Day 6: Each person removes 5 items from your space.
    - Day 7: Each person removes 5 items from your space.

CONGRATULATIONS! You and your Partner in Grime have removed 70 more items from your space this week, for a total of over 100 items in two weeks!

## NOTES

\_\_\_\_\_ Week 2 Total of Checkmarks

# DEBinar Course Map (Syllabus)

Week 3 Start Day/Date: \_\_\_\_\_



## Week 3: Donate and Give

- Lecture: Watch (or listen to audio of) Week 3 Lecture
  - Reading: Chapters 3 and 4 (16 pages)
  - Homework:
    - Get a quote for a cleaning service. (It's cheaper than you think!)
      - ◆ Ask friend who has a house cleaner or ask for a recommendation in a community forum
    - Target 2 more items to sell. Item: \_\_\_\_\_ Item: \_\_\_\_\_
      - Take pictures.
      - Write the ads.
      - Post online.
    - Every day this week, **you AND TWO HOUSEHOLD BUDDIES** each intentionally remove 5 items from your space. *Live alone? Triple your efforts!*
      - Day 1: Each person removes 5 items from your space.
      - Day 2: Each person removes 5 items from your space.
      - Day 3: Each person removes 5 items from your space.
      - Day 4: Each person removes 5 items from your space.
      - Day 5: Each person removes 5 items from your space.
      - Day 6: Each person removes 5 items from your space.
      - Day 7: Each person removes 5 items from your space.
- CONGRATULATIONS! You and your Partners in Grime have removed over 100 more items from your space this week, for **a grand total of over 200 items** during this 3-week course!
- Prepare your items for the donation pick up (into bags/boxes and label accordingly)
  - Tally your checkmarks and Print your Completion Certificate for this DEBinar! Woo Hoo!
  - Contact me to let me know about your success! Send pictures! [deb@debcolameta.com](mailto:deb@debcolameta.com)

\_\_\_\_\_ Week 3 Total of Checkmarks

\_\_\_\_\_ **Grand Total of All Checkmarks**