

# From Boxes to Books

## Chapter 1 Checklist: Facing the Boxes

### Before You Begin

- ☐ Take a deep breath
- ☐ Remind yourself: I do not need to finish today
- ☐ Choose a comfortable place to work
- ☐ Set a timer for 15–30 minutes (optional)

*This is not a race. This is the beginning of a journey.*

### Step 1: Open the Box

- ☐ Bring out your box, bin, envelope, or stack of family photos
- ☐ Open it and simply look inside
- ☐ Notice what you feel — without judgment

*Opening the box is progress.*

### Step 2: Touch a Few Photos

- ☐ Pick up 10 photos (no more)
- ☐ Look at each one briefly
- ☐ You do not need to know dates, names, or details

*You are just getting familiar.*

### Step 3: Create Temporary Piles

- ☐ My Parents
- ☐ My Siblings
- ☐ Me as a Child
- ☐ I Don't Know Yet
- (Optional)
- ☐ Extended Family & Friends

*Temporary piles are allowed. These are not permanent decisions.*

### Step 4: Permission to Stop

- ☐ Sort your 10 photos
- ☐ Close the box
- ☐ Put everything away

*Stopping is not failing. Stopping is part of the process.*

### This Week's Gentle Invitation

- ☐ Open the box at least once
- ☐ Touch a few photos
- ☐ Use the same piles
- ☐ Stop when it feels like enough

*You don't need to be finished to be moving forward.*