



Mastery Made Simple

Focus on Chronic Disorganization

Think about your organizational habits...

	Yes	No
1. Have you struggled with being organized in general for a long time?		
2. Would you rate your memory as below average?		
3. Is it easier to let things go if you know they're going to the 'right' place?		
4. Do you question if your shopping habits are getting in your way?		
5. Have you questioned whether you are hoarding or not?		
6. Do your 'systems' for managing papers such as bills and things to read work?		
7. Do you tend to lose track of time?		
8. Are you comfortable making decisions?		
9. Do you pay late fees more than occasionally?		
10. Do you second guess yourself often?		
11. Do people make jokes or snarky comments about your living habits?		
12. Do you apologize often for what your spaces look like?		
13. Do people get frustrated with the amount of things you have?		
14. Are you generally on time?		
15. Do you own more than 4 books about organizing?		
16. Can you walk through your spaces easily?		
17. Do you keep unworn or ill-fitting clothing for a long time?		
18. Do you assign names and personalities to your possessions?		
19. Do you feel content with the amount of stuff you own?		
20. Do you have a diagnosis or suspicion of ADD, OCD, anxiety, or depression?		

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What do people misunderstand about you?

Describe a time when you felt good about your spaces, your finances, or your habits.

What area is hardest to organize and why?

What area is easiest to organize and why?

What are your leading causes of procrastination?

If you could have someone do/take responsibility for, what would it be?

What has this exercise brought up for you?

What's next? Learn more at www.MasteryConsulting.net



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COACHING & CONSULTING

Master Your Day, Master Your Life