



# Mastery Made Simple

## Focus on Mastering Organized Habits



- 1 I am generally organized and complete tasks on time.
- 2 I have difficulty completing daily living tasks.
- 3 I feel chaotic, disorganized, frustrated, and wonder why.

	Yes + 1	+/- 2	No - 3
1. I have struggled with being organized in general for a long time.			
2. I would rate my memory as below average.			
3. It's easier to let things go if I know they're going to the 'right' place?			
4. I suspect my shopping habits get in the way?			
5. I've wondered if I'd be considered a hoarder.			
6. My systems for managing my paperwork and possessions work.			
7. I can say no.			
8. I tend to lose track of time.			
9. I'm comfortable making decisions.			
10. People make snarky comments about where I live or work.			
11. My work and home mates dislike the amount of stuff I have.			
12. I second guess myself a lot			
13. I have at least 6 books about organizing.			
14. I'm not usually on time.			
15. My closets and drawers are stuffed beyond use.			
16. I tend to give names and personalities to my things.			
17. I have or suspect OCD, ADD, anxiety, depression, or others.			
18. I often find myself frozen on a task or can't get started.			
19. I function well at work but home is a 'mess'.			
20. I've been told I'm an overly emotional person.			

**What areas causes me the most trouble?**

For example, organizing paper, clothing, cleaning, administrative tasks, putting things away, following a routine...

**What's one thing I'd change about my life?**

**Who can I rely on to help manage tasks that are hard to complete?**

**Have I sought or want to seek medical advice about ADD, anxiety, depression or other mental health factors? Do I have physical concerns I should seek help around?**

**What will my future self wish I had done now?**

**What has this exercise brought up for me?**

**What's next? Visit [www.MasteryConsulting.net](http://www.MasteryConsulting.net) to be my best self.**