



Mastery Made Simple

Focus on Mastering My 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.

How did you do? Coaching helps!	Yes	+/-	No
20 _____ 40 _____ 60	+		-
20 = Bravo! _____ 60 = Things to address	1	2	3
1. I don't struggle with organizing things.			
2. I remember where things go and what to do next.			
3. Not knowing if something is going to the 'right' place doesn't bother me.			
4. My shopping habits are under control and deliberate.			
5. I save enough to be comfortable but not too much.			
6. My systems for managing my paperwork and possessions work.			
7. I can say no easily.			
8. I'm reliably on time and have a good reputation around time.			
9. I'm comfortable making decisions.			
10. I don't hear snarky comments about how and where I live.			
11. My work and home mates don't ask me to change my habits.			
12. I don't second guess myself much.			
13. I have less than 3 books about organizing.			
14. I have a good understanding and control over my finances.			
15. My closets and drawers are easy to use and find things in.			
16. I don't feel controlled by personalities attributed to my things.			
17. I'm aware of and don't suspect OCD, ADD, anxiety, or depression.			
18. I don't get stuck or feel frozen often.			
19. I function well at both home and work.			
20. I can manage my emotions well enough.			

What areas cause 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?

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 be my best self.