



## Clutter Quiz

*Everyone has one or two areas that may be an issue. If you answer "yes" to three or more of the following questions clutter may be affecting your day to day activities.*

1. Do you have more possessions or items in your life than you can handle comfortably?
2. Do you find it difficult to dispose of many things, even those you haven't used in years?
3. Do you rent storage space to house items you never use?
4. Do you spend time looking for things that are hard to find because of all the clutter?
5. Do you find it easier to drop something than to put it away, or to wedge an object into an overcrowded drawer or closet rather than find space for it?
6. Do you collect things to give to others?
7. Do you bring things into your house without establishing a place for them?
8. Is your clutter causing problems in your relationships?
9. Are you embarrassed to have visitors because your home is never presentable?
10. Do you hesitate sharing about this problem because you are ashamed of your cluttering?
11. Do you miss deadlines or abandon projects because you can't find the paperwork or material to finish the work?
12. Do you procrastinate about cleaning up because you believe you must do it perfectly or you won't do it at all?
13. Are you easily side-tracked, moving from one project to another without finishing any of them?
14. Do you use distractions to escape from your clutter?
15. Have you tried to clean up from time to time but find yourself unable to stick with it?
16. Does the problem appear to be growing?