

THE QUIZ

Read the following list of 30 questions and circle the numbers you think apply to you. Then, go to the key on the reverse side and find all the numbers you circled. This should give you an idea which of the six behavior types best describes you.



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| 1 | Do you have many brand new items in your closets with the tags still attached? |
| 2 | Have you ever been sent to a collections agency due to unpaid bills? |
| 3 | Do you find it hard to prioritize what's most important to do? |
| 4 | Are you behind on your own health appointments, but schedule everyone else's appointments? |
| 5 | Has anyone ever described your hobby inventory as excessive? |
| 6 | Is your marriage suffering due to the requirements of caregiving? |
| 7 | Do you find shopping or browsing online stores a source of entertainment? |
| 8 | Do you have hundreds of pieces of unopened mail? |
| 9 | At work, have you had to recreate a document because you could not find it? |
| 10 | Does your employer owe you money because you haven't submitted expenses? |
| 11 | Are your task/to-do lists all over the place? |
| 12 | Do you have all the supplies for multiple projects that you have not started? |
| 13 | Are you frequently too tired to tidy up? |
| 14 | Are you finding yourself staying longer and longer at work because you struggle to finish projects? |
| 15 | Is an amazing sale price on an item too good of a deal to pass up? Even if it is an item you don't need? |
| 16 | Do you browse social media instead of jumping into the thing you need to do? |
| 17 | Is your creative area/working space so full of items that you are unable to create in there? |
| 18 | Are your work deadlines a huge source of stress and anxiety? |
| 19 | Are you behind in paying your taxes? |
| 20 | Do you often purchase gifts or decor for others "just because"? |
| 21 | Do you worry almost every day that there is something you are forgetting? |
| 22 | Do you know the names of several employees at your favorite department store? |
| 23 | Do loved ones' or a child's appointments or schedules require multiple hours of driving each week? |
| 24 | Do you struggle with time? Does time get away from you? |
| 25 | Do your boss and coworkers regularly tease you about your messy desk/office, and it's no longer funny? |
| 26 | Do you have hobby/sports gear that has not been used in years? |
| 27 | Is it hard to recall the last time you felt rested and not stressed? |
| 28 | Do you subscribe to magazines about your interests but never find time to read them? |
| 29 | Do you have many purchases still in bags or shipping boxes because you don't have the room to put them away? |
| 30 | Do you have piles of papers in multiple rooms or multiple paper stacks on the floor? |

THE KEY

Compare your circled question numbers from the quiz to the key below. The category where you have the most circled answers signifies your primary disorganization type.



ARE YOU A POWER SHOPPER?

You circled question number: 1, 7, 15, 20, 22, 29

Shopping gives you a rush. Whether it's the mall, online, or big-box stores, you love shopping. You love having the latest fashion, home decor, and the newest electronics. It's hard to resist a new product. Your home is full of stuff, and you don't know where to put it. If it's on sale, it's yours! If you find something beautiful, you will always buy it. If it promises to make your life better, then of course you need it!

ARE YOU A PAPER MAGNET?

You circled question number: 2, 8, 10, 19, 28, 30

Your paper piles have reached a tipping point—literally. They are falling over. You don't open mail. You lose important documents and receipts. You are late paying bills. You fear being audited; hence, you retain all possible documentation. Your business paperwork is commingling with personal paperwork. Your file cabinets are full, so you can't use them. You print out hundreds of pages. Whenever you research something, you collect ALL the available pamphlets to get ideas.

ARE YOU AN INSPIRED HOBBYIST?

You circled question number: 5, 12, 15, 17, 26, 28

Your hobby projects have come to a standstill. You have so many wonderful ideas, but you just don't have enough time. Your hobbies are more than just play; your product is your legacy. You've been told you are quite skilled. You've begun many projects but finished few. You have materials for your hobby which have gone out of style. You get inspiration and buy materials frequently.

ARE YOU A CAREGIVER?

You circled question number: 3, 4, 6, 13, 23, 27

Everything else must take a backseat to caregiving. You are the primary caregiver to many. You've been able to stay organized in the past, but now you use all your time and energy caring for others. It's impossible to keep up. Family relationships are strained. You experience constant pressure. You have no time for yourself.

ARE YOU EASILY DISTRACTED?

You circled question number: 3, 7, 11, 16, 21, 24

The demands on your time are endless. Your to-do list never gets done. You are only able to put out the fires. Constant distractions break your focus! When a task is hard, and you can't bear it, you procrastinate, choosing to do something fun instead. You just can't stick to the priorities. You commonly think to yourself, where has all the time gone?

ARE YOU AN OVERBURDENED EMPLOYEE?

You circled question number: 9, 14, 18, 24, 25, 30

Your disorganization at work thwarts your career success. You are working hard, but your performance reviews are worse each year. Your nerves are shot. It's hard to focus with coworkers dropping by. The emails keep coming in, and it's hard to stay on task. You often work late to catch up or meet deadlines. It has become hard to disengage from work. Being disorganized at work is taking a toll on your whole life. You experience constant pressure. You are disorganized both at work and at home.



Contact us for a FREE in-home consultation!

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