

# Personal Clutter Profile

Name \_\_\_\_\_ Date \_\_\_\_\_

**I tend to attract or hold onto:**

## CLOTHING

- ☐ Clothing that no longer fits me
- ☐ Clothing that I need something to match
- ☐ Clothing that "may come back in style"

## BOOKS and PAPERS

- ☐ Books that I might read someday
- ☐ Books and materials from my school years or from a previous job
- ☐ Recipe books from which I have never cooked a recipe
- ☐ Cards and other mementos
- ☐ Piles of paper that I plan to read someday/I plan to file someday/  
I need to do something with/all of the above. (Circle the answers that apply to you)

## UNFINISHED THINGS

- ☐ Things that need to be repaired
- ☐ Supplies for projects that I haven't had time to work on

## LOST OR HOMELESS THINGS

- ☐ Things that are important in my life, but do not have a home
- ☐ Things that are important but have strayed from their homes

## VOLUNTEERS

- ☐ Items that seem to appear in my life without me having made a conscious decision to acquire them
- ☐ Gifts given to me by others

## MISCELLANEOUS

- ☐ Things from my past that are not a reflection of me today
- ☐ Things that I see the potential in ("might be useful someday")

**Complete these sentences:**

As soon as I get organized, I will \_\_\_\_\_  
\_\_\_\_\_

I don't get rid of things because \_\_\_\_\_  
\_\_\_\_\_

I don't file or otherwise organize things because \_\_\_\_\_  
\_\_\_\_\_

**Answer these questions:**

How would my life be different if my clutter disappeared?

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Moving clutter out of my life could make room for:

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