

A Personal Quiz - How Organized Are You?

Sometimes taking an honest look at our activities and lifestyle gives us clues for saving time and reducing stress. In this exercise, write “yes” or “no” next to each question to pinpoint certain stressful areas:

- _____ 1. Do you know how long it takes you and your family to get up and out the door each morning?
- _____ 2. Do you lower your stress by arriving on time or early for your appointments?
- _____ 3. Do you stay current by returning calls and e-mails the same day?
- _____ 4. Have your bills and credit cards been paid on time for the past six months?
- _____ 5. Do you know how much money you have in your purse and bank accounts?
- _____ 6. Do you know how much gas you have in the tank? Is your car clutter free?
- _____ 7. Are all clean clothes put away and all the dirty clothes in the hamper?
- _____ 8. Do you know what’s for dinner and how long it will take to make it?
- _____ 9. Would people say you are organized?
- _____ 10. Do you *feel* organized?

Bonus question:

_____ Did you organize and simplify something in your life in the last three weeks?

Score: 10 points for each “yes” response, plus five points for the bonus question.

_____ **TOTAL**

Results:

- 90 points or higher. Congratulations! You have excellent organization skills, and you could be giving seminars on this topic. But there’s something you could learn.
- 70–80 points. You’re a generally well-organized person who has things together.
- 50–60 points. You’re a little organized, and that’s what I’m afraid of—you’re just a little organized.
- 10–40 points. Uh-oh. Life’s getting the best of you. You are going to be a big hit with your improvements.

(Quiz from p. 35-36 in Simplify Your Life: Get Organized and Stay that Way! by Marcia Ramsland)