Private Personal Clutter Profile

Name _______________________________ Date ______

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?
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________

Moving clutter out of my life could make room for:
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________

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”)