

Plan Your Day, Plan Your Life

Does This Clutter Make My Butt Look Fat?

Peter Walsh

If you're not familiar with Peter Walsh, here is a brief bio. He was born and raised in Australia; permanently relocated to the U.S. in 1994 and launched a company. He caught the attention of the producers of hit show 'Clean Sweep' on TLC. Together, they filmed 120 episodes.

He went 'big time' when Oprah invited him to become a regular on her show. Author of several books starting with, "It's All Too Much: An Easy Plan for Living a Richer Life with Less Stuff". In 2008 he authored *Does This Clutter Make My Butt Look Fat?* And that's when he captured my attention! What a terrific book! Now you know how this assessment found its way to you! Enjoy.

Answer True or False

1. I keep a calendar with all my appointments

True False

2. I'm rarely late.

True False

3. I do laundry regularly enough that I never run out of underwear.

True False

4. I've run out of gas less than three times in my life.

True False

5. I return phone calls (at least the ones I want to return) within 48 hours.

True False

6. I never pay late fees on bills.

True False

7. If older than thirty, I've prepared my will and advanced health directives, and I have life and health insurance.

True False

SUSAN BOCK

COACH AUTHOR SPEAKER

This questionnaire covers the major organizational points of our lives. Be honest with your answers and see what is revealed.

Scoring:

If most of your answers were true, you are an organized person. Your life is under control. You are probably successful and thriving in most aspects of your life. Anyone who me you would then, “Here’s a responsible, together person.”

If most of your answers were false, then you may find life can be overwhelming. It’s difficult for you to maintain balance between the demands on your time, attention and energy. You may find there is never enough time to do what you want to do, the demands on your time far exceed the minutes you have available. You can never seem to get ahead of the rush.

If your answers were 50% true and 50% false, welcome to the human race! It may be helpful for you to use the answers to assess your priorities. What areas do you see as priorities and are those the areas that are most important to you? Is your behavior in line with what is most important to you? If your energy is going toward the wrong areas or areas of less importance, you may feel out of control.

What did this assessment reveal to you?

What action can you take with this new knowledge?

How will you benefit from knowing this about yourself?



I’ve shown 1,000’s of women how to let go of what is holding them hostage and step into their purpose, power and potential. Would you like to learn more? Check out my Coaching packages and ‘On Purpose’ Power Products at www.SusanBock.com

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Have Questions? Give me a call 714-847-1566

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