

## 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
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2. **I'm rarely late.**

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

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

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

True	False
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6. **I never pay late fees on bills.**

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

True	False
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8. **If I were planning a wedding, I'd have a spreadsheet with every key element scheduled.**

True	False
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9. **If someone asked me for my most recent financial statements, I'd be able to pull them out without much fuss.**  
True False
10. **In my home, I know where most everything is.**  
True False
11. **I make plans for holidays or family members'/friend's birthdays well ahead of time.**  
True False
12. **I'd describe my work situation as "under control".**  
True False
13. **I exercise at least 3 days each week.**  
True False
14. **I usually prepare a shopping list when I go to the grocery store.**  
True False
15. **I know at least a day in advance what I'm doing for the next day's meals.**  
True False
16. **I don't rush my children out the door. If it takes 10 minutes for them to tie their shoes, so be it.**  
True False
17. **I never forget an important birthday or anniversary.**  
True False
18. **I get my hair cut on a regular schedule.**  
True False

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 meets 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?

What's preventing you from taking action?

I'd love to help you step into action so that you can have a business and a life you love!

Yes, you can have both! I've discovered the secret and I'll gladly share it with you!

I've been an entrepreneur for over 20 years and I've helped thousands of women create, launch and grow a profitable business. If you want to learn how, schedule your complimentary [Business Breakthrough Strategy Session](#) right now!

***Your ideal clients need what only you can offer!***



*Susan*

**Step into your uniqueness and get paid for it!**