



**Experience flow and ease in your life
Banish overwhelm and frustration
Love your home, workplace, life!**

The questionnaire below has been designed for you to distinguish the areas in your life where you experience stress or frustration. Sometimes we don't realise what's missing until we do an exercise such as this, and it can also be useful to see areas where we can make improvements.

I can help with every one of these situations and I'd be delighted to show you how some simple actions can make the world of difference.

In Your Home

| | | |
|---|------------------------------|-----------------------------|
| * Is the clutter getting on top of you, so that you feel you can't relax? | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| * Are you too embarrassed to invite friends over because the house is chaotic? | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| * Has the spare room become a dumping ground? | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| * Do you open cupboards and things fall out on top of you? | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| * Have your cupboards become unruly to the extent that you can't find anything? | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| * Are the children's toys finding their way into every room of the house? | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| * Do you bemoan the fact that you don't have any storage? | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| * Can you sit quietly of an evening and enjoy a peaceful relaxing environment? | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| * Do you feel ineffective in running an organised household? | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| * Are your household bills and receipts organised so you're not paying late fines because you misplaced the bill? | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| * Do you have a filing system for your 'important papers' such as insurance, vehicle, bank statements, tax etc? | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| * Do you have an easy to access list of useful tradesmen you use when something breaks down? | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| * Is your wardrobe so cluttered it takes ages to find something to wear? | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| * Are you in the midst of moving house and can't work out what to take with you and what to discard? | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| * Are you moving into a new home and confused as to where everything will fit? | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| * Is your garage full of stuff you don't know what to do with? | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| * Does your car fit in the garage? | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| * Would you love to have your tools and gadgets organised so you can find them when you need them? | Yes <input type="checkbox"/> | No <input type="checkbox"/> |

In Your Business

| | | |
|---|------------------------------|-----------------------------|
| * If you work from home, do you find your office encroaches on the living space, and vice versa? | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| * Is your office well set up so that it's a pleasurable working space? | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| * Is your working space full of clutter and paper, and desperately needs some sense of order? | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| * Do you have to frantically sort through mounds of paper to find the document or file you need? | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| * Are you able to quickly respond to client queries by being able to put your hand immediately on the information or client file? | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| * Do you have workable filing systems: hard files, computer folders etc? | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| * Are your working days/weeks, structured so everything gets handled with ease? | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| * Is your email Inbox set up so that you can find important emails immediately? | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| * Do you run out of time to edit and format your important client proposals and marketing documents? | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| * Does your website contain spelling or grammatical errors? | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| * Do you lack the time to actively grow your business because you're caught up in the everyday minutiae? | Yes <input type="checkbox"/> | No <input type="checkbox"/> |

In your Life

| | | |
|--|------------------------------|-----------------------------|
| * Do you have time to enjoy friends, family, hobbies and an active social life? | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| * Do you experience guilt for any reason? | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| * Do you feel that you are working too much and not enjoying life enough? | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| * Do you feel like a heel because you never seem to have time to go to the kids' soccer games, or spend more time with them? | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| * Do you regularly bring work home and work on into the evening? | Yes <input type="checkbox"/> | No <input type="checkbox"/> |

20 – 30 YES answers: you need me!

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