



Home & Lifestyle Snapshot

Who are you? Describe yourself in a few sentences

Do you share your home with any people or animals? Tell me who and their relationship to you.

Name three things that are working well in your life.

Name three things that are working well in your space.

Name three things that are not working as well as you would like, in your life, and a sentence on why you feel that way.

Name three things that are not working as well as you would like, in your space, and a sentence on why you feel that way.

How would you describe your current habits, in regards to cleaning and organizing. (this might refer to when, why or how often you tidy)

How would you describe your current systems, in regards to cleaning and organizing. (this might refer to physical systems or processes that you have in place)

What do you consider your biggest challenges about maintaining your space?

What do you feel most needs to be addressed to shift things in your space?

What do you perceive are your primary blocks? (this may overlap with your challenges)

What are your current life goals (this year)?

What are your current space goals (1-3 years)?

What are your primary goals for this program?

How much time are you planning on committing each week to this program?

What appeals to you about trying this program?

Do you feel you have a clutter issue?

Do you have trouble making decisions? (in space and/or in life)

Do you feel overwhelmed? (in space and/or in life)

Do you feel you have strong attachment to things?

Is there anything else you would like me to know about you and/or your home?