

# SIMPLIFY!

## Self-Assessment



How would you rate your **“Need to SIMPLIFY”** in the following areas of your life?



OUT OF CONTROL & NEEDS ATTENTION!	LOTS OF OPPORTUNITY TO IMPROVE	IT'S OKAY ... COULD USE SOME ATTENTION	PRETTY GOOD SHAPE ... A FEW TWEAKS	GREAT SHAPE!
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Wardrobe



Action:

Living Space



Action:

Finances



Action:

Technology Use



Action:

Lifestyle



Action:

Thoughts & Emotions



Action:

Self/selfcare



Action:

