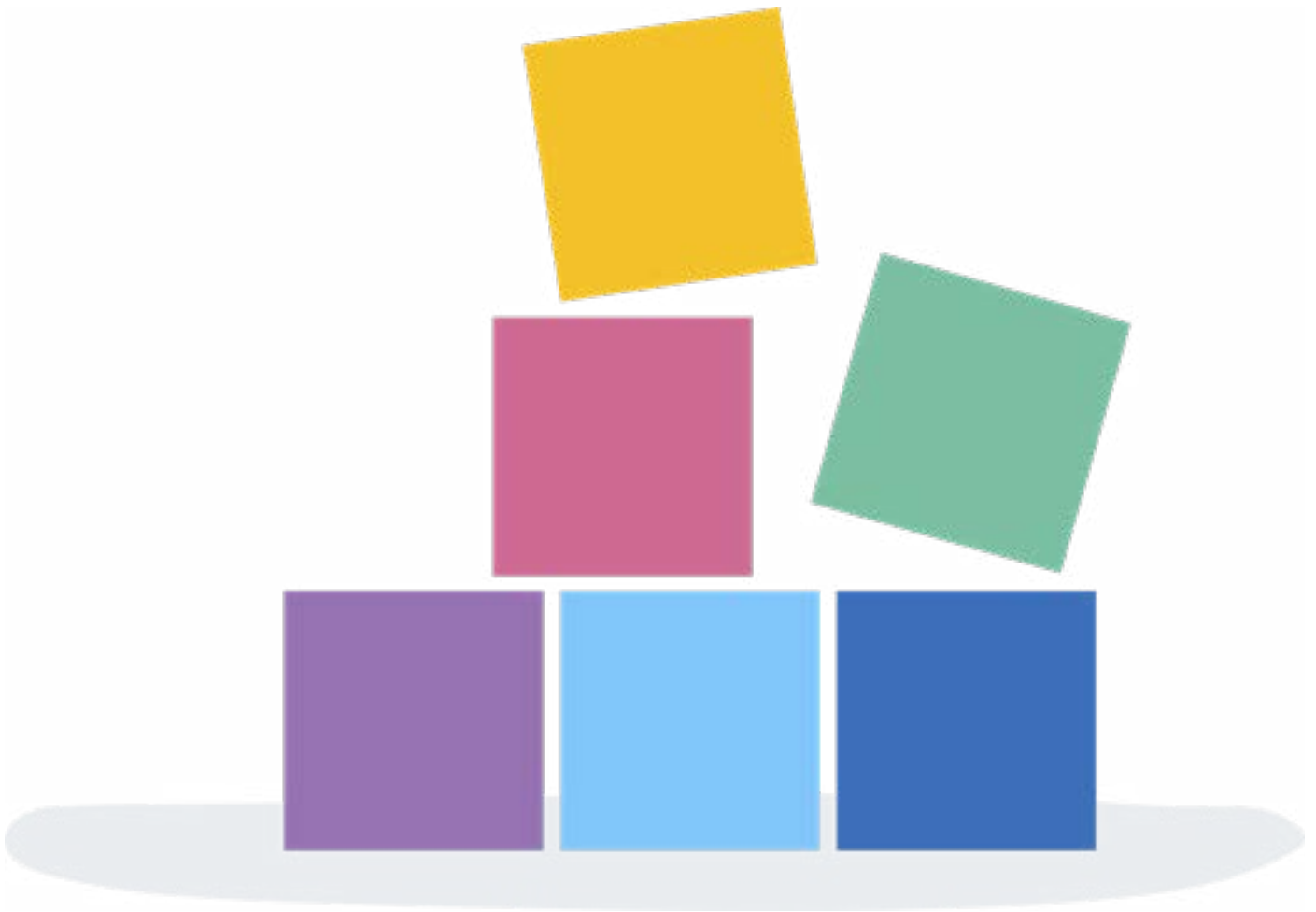


10

Common Stumbling Blocks to *Your Organizing*



A Workbook by White Space Organizing

Create Your Space **ORGANIZE YOUR LIFE**



Stumbling blocks are common in organizing work. White Space has been working with you on these challenges for 10 years. Here are the most common difficulties I have seen.

Use this workbook to determine which of these common difficulties are also changes for you.

Instructions:

- » **Answer yes/no to each question below to determine which stumbling blocks apply to you.**
- » **For every “yes” answer, complete the second question to further define that stumbling block for you.**



Sentimental Barriers

When you think of sorting through pictures and papers, do you feel overly sentimental? **Yes/No**

Remember a time when you started sorting photos and got lost in your memories:



Fear of Purging

When it comes to letting go of items, do you feel guilt, anxiety or uncertainty? **Yes/No**

Think of a time when you committed to purging an area of your home or office, but ended up getting rid of nothing:

3

Overwhelm

Does your brain feel overloaded at the very thought of organizing a particular area of your home or office?

Yes/No

Write about the feelings of overwhelm as you faced a big organizing project. What other thoughts and feelings crowded in?

4

Overcomplicating

Do the multiple steps of assessing, purging, replacing, and donating paralyze you before you start? **Yes/No**

Name the number of steps in your last organizing project:

5

Distractions

When you see organizing time on your calendar, do you immediately think of other things to do instead? **Yes/No**

Think back to the last time you thought about organizing. Name the things you did instead.

6

Time Commitments

Do you feel like other commitments in your life always take priority over organizing time? **Yes/No**

Name the last 3 times you thought of organizing but did not put it on your calendar.

7

Over Reliance on New Products

Do you feel that you need to buy something new (bins, shelves, etc) before you start your organizing project?

Yes/No

What products do you search for when thinking of an organizing project? Do you believe they will solve the organizing problem?

8

Shame Over Past Failures

Have you tried organizing in the past, but feel like you failed to complete the task? Yes/No

How does it make you feel when you think about past organizing attempts?

9

Outside Expectations

Do friends, family members, or magazines paint a picture for you that you don't feel you can create in your organizing? **Yes/No**

Write about some of the expectations you feel prevent you from even starting a project.

10

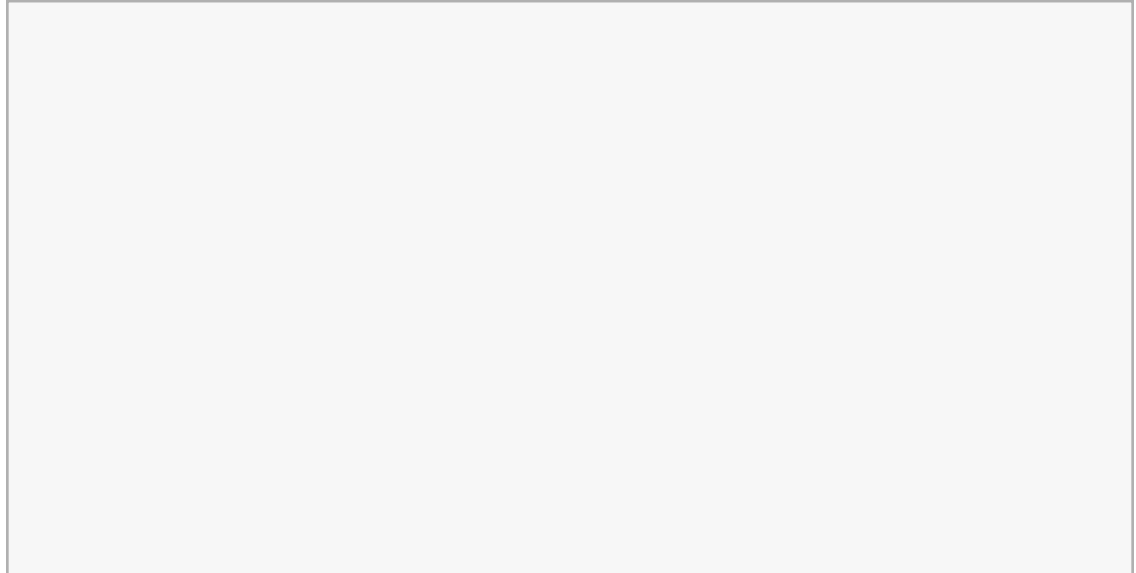
Perfectionism

Do you feel like you have to get it "just right" the first time? **Yes/No**

When you think of doing an "okay" job rather than a great job, how do you feel?

Summary

How many times did you answer “yes”? Which stumbling blocks do you think best represent you?



Learn More on Our Website

To better understand your stumbling blocks, claim your spot in the upcoming webinar at: www.whitespaceorganizing.com/resources.

Receive customized solutions to move past your stumbling blocks through a one on one consultation at: www.whitespaceorganizing.com/solution.

Use discount code **GET5** to get 5% off your consultation.

WHITE [] SPACE™