*Are you a clutter victim?*

1) Could you have a party without cleaning up first?

* a. Guests could eat off the floor its so clean. Bring them in!
* b. Maybe tomorrow. The living room's a mess, but I can hide it away in a few hours.
* c. I don't have parties here. Can we go out instead?

2) Do your clothes fit in your closet?

* a. Of course. They are hung in order by color and season.
* b. They fit, I guess, but I have no idea what's on the top shelf.
* c. They fall on my head when I open the door. Is that wrong?

3) Without looking, do you know where to find our car keys, your unpaid bills, and your home or renter's insurance policy?

* a. Absolutely-want me to get them right now?
* b. All except the insurance-it must be somewhere in my significant other's office.
* c. Sure-just give me ten minutes to find them. Or an hour.

4) What is on your dining room table right now?

* a. Wood polish and a rag-I was just wiping it.
* b. A few piles of bills-and my child's art collection.
* c. So much stuff that I can't see the table.

5) How many magazines are in your house right now?

* a. Three-the current issue of each magazine I get.
* b. A lot, but I need them for my job.
* c. I have every issue of National Geographic ever published. It's an great collection.

6) How many paper and shopping bags are you saving?

* a. A handful-we reuse and recycle them.
* b. An overstuffed drawer plus a few extra. You never know what size bag you'll need.
* c. Every single bag that enters the house.

7) If you had to a change a lightbulb, could you find one?

* Yes
* No

8) Are all your DVD's and CD's in their sleeves?

* Yes
* No

9) Are all of your bills paid and papers filed?

* Yes
* No

10) Does every item of clothing in your closet fit you right now?

* Yes
* No

11) Are the kids' toys anywhere, besides in their rooms or designated play areas?

* Yes
* No

12) Are there dirty dishes in the sink?

* Yes
* No

13) Are your dirty clothes anywhere but in the hamper?

* Yes
* No

14) Are there out-of-date medications in your medicine cabinet?

* Yes
* No

**Questions 1-6**

Give yourself:

0 points for every A

1 point for every B

2 points for every C

**Questions 7-10**

1 point for every “No”

**Questions 11-14**

1 point for every “Yes”

**Add all of your points together**

0-2 Points=Clutter Free!

3-9 Points=Clutter Victim

10-20 Points=Clutter hoarder

Clutter Free! 0-2

Congratulations! You are clutter free. Give yourself a pat on the back, but don't get complacent. Staying clutter free takes effort. Is there a storage room or an office where you clutter collects? Go to that area and address it head on. New rituals and monthly routines will help keep your home clutter free.

Clutter Victim 3-9

This may not sound like good news, but it just means that you, like many others, fall victim to the clutter buildup thats hard to avoid when you have a busy life, many interests, memorabilia and steady influx of purchases and junk mail. Don't worry though, with a conscious effort you will be able to get your clutter issues under control and keep them that way.

Clutter hoarder 10-20

Looks like you may have some hoarding tendencies..but don't take it too hard or feel overwhelmed. The first step is admitting the problem. The next step is believing you can do better. A step by step program and a customized organizational system can be devised. Sometimes the first round of decluttering isn't enough. A few months after the first purge, you will look at the same stuff you thought you couldn't throw away and realize you haven't used nor touched it since your last cleanup. It takes a while to get used to the idea that if you don't use it, its not part of your life, nor does it serve your goals, then its just a waste of space. You will get there. Just believe in yourself. Believe in a better space, a better life, a better you!

\*Some content referred by Peter Walsh