

- Do you live in fear that someone you respect may someday open one of your closets or cupboards?
- Have you ever threatened bodily harm to anyone who opens a drawer in front of company?
- Do you wait until after dark to pull your car into the garage?
- Just how bad a pack-rat are you, really!?

Take this fun 5-minute quiz and find out.

“Getting the clutter out of your life can and will rid you of more discouragement, tiredness, and boredom than anything else you can do.”

From Don Aslett's *Clutter's Last Stand*.

**It is easier to  
keep up  
than to catch-up!**



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**Spring  
Cleaning  
&  
ORGANIZATION**

**Back-to-Basics**  
With USU Extension

# Nitty-Gritty Self-Help Quiz

More than I'll ever admit I'd like to!	More than I like	Only a few	None
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1	2	3	4	If I had to move to Hawaii suddenly, how much stuff would end up in the trash?
1	2	3	4	My house is free of unused furniture and excess clutter.
1	2	3	4	Magazines pile up unread.
1	2	3	4	Are the kitchen items you use most often in the most convenient place?
1	2	3	4	Do belongings gather in corners of closets, or on the floor, because you can't decide where to put them?
1	2	3	4	Do you frequently misplace your keys, eyeglasses, gloves, handbag, briefcase, or other commonly carried items?
1	2	3	4	If my closets and drawers were searched right now, how much junk would be found?
1	2	3	4	Own clothes that won't fit or are ugly or hopelessly out of style.
1	2	3	4	I have shoes I don't like or don't wear.
1	2	3	4	I have old games/puzzles/patterns with pieces missing.
1	2	3	4	I have photos I seldom look at because they're stashed away and hard to find.
1	2	3	4	I have keepsakes that I can't remember what sake they were kept for.
1	2	3	4	I keep toys (adult or juvenile) that are broken, outgrown, or not used.
1	2	3	4	Old uniforms or maternity/baby clothes I don't need any more.
1	2	3	4	If I held a garage sale, how much stuff would my customers get to paw through?
1	2	3	4	I have paraphernalia from hobbies, projects, and classes I started and "may someday" reactivate.
1	2	3	4	How many unused recipes/cookbooks/do-it-yourself manuals do I have?
1	2	3	4	I have machinery and appliances that don't work or have parts missing.
1	2	3	4	I store half-dried-up old paint, stiff brushes, and matter rollers.
1	2	3	4	I hang onto broken or never-used hair gadgets (dryers, curling irons, electric curlers, etc.)
1	2	3	4	I have empty useless bottles inhabiting my house.
1	2	3	4	I have old wedding announcements, greetings or Christmas cards squirreled away from acquaintances I scarcely recall.
1	2	3	4	I keep unread junk mail and lapsed driver's licenses and expired policies.
1	2	3	4	My medicine chest holds bottles of ancient vitamins and antique prescriptions.
1	2	3	4	I have furniture or other items I am going to fix, sell, or refinish some day.
1	2	3	4	I keep books and paperbacks I couldn't force myself to finish.
1	2	3	4	I have souvenirs or knickknacks that I dust, clean, store, and abhor.
1	2	3	4	I have wristwatches or clocks that aren't working.
1	2	3	4	I clip coupons and special offers on products that I never use or buy.
1	2	3	4	I save perfumes and lotions I can't stand the smell of or makeup I tried and didn't like.
1	2	3	4	I keep plain old empty boxes.
1	2	3	4	I save leftover scraps of Christmas wrap or used gift wrap that I never use.
1	2	3	4	I have old curtains or blinds stashed away that I've dragged from past residences.
1	2	3	4	I save every drawing my child ever made and all their school papers since year one.
1	2	3	4	I keep ballpoint pens that skip or dried-out felt-tip markers.
1	2	3	4	I hoard odd socks or pantyhose with one ruined leg.

**GRAND TOTAL**

Adapted from Don Aslett's *Clutter's Last Stand and Junkie Entrance Exam*.