

Dealing With Your Stuff: Clutter Scorecard

To give clutter the boot, we first need to know what we're dealing with. We're about to conduct a reality check, a hard look at your current living situation. Plan Your Route: Begin from the entrance of your home and systematically navigate through each room, one by one.

Complete a scorecard for each room. Each room will have its own clutter score and label from the scale on page 2.

Room: _____

Scoring Criteria (assign points for each condition):

- 1 point for every clutter hotspot (a place where clutter tends to gather).
- 1 point for every flat surface (table, counter, desk) that is half-covered in stuff.
- 1 point for every quarter of floor space that is cluttered or blocked.
- 1 point for every storage area (closet, drawer, cabinet) that is disorganized or overflowing.
- 1 point for every pile of items that doesn't have a designated storage place.

Write Down Your Feelings in the Notes Section: How does each room make you feel? Anxious, stressed, or perhaps nostalgic?

Scoring Criteria	Tally of Points	Notes
Clutter hotspot (clutter gathers here) 1 point for each clutter hotspot		
Flat surface (half-covered in stuff or more) 1 point for every cluttered flat surface		
Floor space (covered or blocked) 1 point for every quarter of cluttered floor space		
Storage area (closet, drawer, cabinet that is cluttered) 1 point for each cluttered storage area		
Pile of items (piles not counted in the other categories) 1 point for each pile		
Total all points for the room.		Label: _____

Add up the points and label each room using the scale below:

1 - **The Minimalist Paradise** (0-5 points):

Only essential items are present. Flat surfaces are clear, floor space is completely visible, and storage areas are efficiently utilized. Each item has a specific place and is regularly returned there.

2 - **The Nearly-There Nirvana** (6-10 points):

A few non-essential items are visible, but they are not distracting. There might be one or two "hotspots" where clutter tends to gather, but these are regularly cleared.

3 - **The Organized Chaos** (11-15 points):

Several clutter hotspots exist, including some counter or table space, but overall, things seem manageable. Some items have designated spaces, others don't.

4 - **The Cluttered Corners** (16-20 points):

Flat surfaces like tables, counters, and desks are half-covered in stuff. Some floor areas are blocked, and closets or drawers may be disorganized and overflowing.

5 - **The 50/50 Zone** (21-25 points):

Half the room and most flat surfaces are covered, some floor areas are inaccessible, and items are starting to pile up against walls.

6 - **The Overflowing Oasis** (26-30 points):

Clutter covers most surfaces. There's a clear path through the room, but many floor areas are blocked. Storage is overstuffed, and items are frequently misplaced.

7 - **The Pile-Up Province** (31-35 points):

Most of the floor space is cluttered. The room contains piles of items that have no designated storage space. It's becoming difficult to use the room for its intended purpose.

8 - **The Colossal Clutter Club** (36-40 points):

Almost all surfaces, including the floor, are covered by clutter. Navigating the room involves maneuvering around piles of stuff. Locating items often requires a time-consuming search.

9 - **The Hoarder's Hideout** (41-45 points):

Items are stacked everywhere, including pathways. It's challenging to move around or use the room for its intended purpose. Storage spaces are overstuffed and can no longer accommodate new items.

10 - **The Avalanche Alert** (46-50 points):

The room is entirely overrun with clutter. All surfaces are covered, including pathways. Items are frequently lost, and using the room for its intended purpose is impossible.