

Name _____

Date _____

LIFE SIMPLIFIER

Please respond to the statements below with the appropriate response to the right.

*Becoming less overwhelmed
by dropping some of the baggage*

Strongly Agree Agree Not Sure Disagree Strongly Disagree

1. When I stand back and think about it, I'm trying to do too many things SA A NS D SD

2. I tend to be a perfectionist SA A NS D SD

3. I can see that my perfectionism leads me to spending more time on some things than I really need to SA A NS D SD

4. A good plan today is better than a perfect plan in two weeks SA A NS D SD

5. I would feel less overwhelmed if I delegated more things SA A NS D SD

6. I would feel less overwhelmed if I made some decisions I have been avoiding or postponing SA A NS D SD

7. I would feel less overwhelmed if I said no to other people more often SA A NS D SD

8. I would feel less overwhelmed if I did fewer things that were self-harmful or self-sabotaging SA A NS D SD

9. I would help myself by setting aside more time to relax and calm myself SA A NS D SD

10. I would help myself by learning to sooth myself when I feel very anxious by using deep breathing SA A NS D SD

11. I would help myself by focusing more on my most supportive friendships SA A NS D SD

12. I would feel less overwhelmed if I remembered to feel less responsible for other people SA A NS D SD

13. Other adults are responsible for themselves and I am responsible for myself SA A NS D SD

14. I am able to treat myself with the same kindness and respect that I show for others SA A NS D SD

15. I would feel less overwhelmed if I didn't spend so much energy trying to control or change other people SA A NS D SD

16. I would feel less overwhelmed by being just a little more organized SA A NS D SD

17. How are you using your personal power to help simplify your life?
